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FENTANYL FIGHT

Human cost of rising overdose deaths spurs government action metroNEWS

Premier Christy Clark, left, speaks with Leslie McBain, whose son died of an overdose in 2014, in Vancouver on Wednesday. THE CANADIAN PRESS

Real estate agent under investigation

FOREIGN HOMEBUYERS

Email allegedly offered 'solutions' to new tax

Wanyee Li
Metro | Vancouver

At least one realtor is already being accused of helping clients avoid the province's new foreign-buyer tax in what the B.C. NDP housing critic calls an "entirely predictable reaction," triggering an investigation from the real estate board.

The Real Estate Council of B.C. confirmed Wednesday it is investigating a realtor who was allegedly advertising "solutions" to the additional 15 per cent property transfer tax for foreign buyers in the Vancouver area.

In an email to clients, obtained by several media outlets, Michael Stewart with Century 21 allegedly suggests clients can assign presale condos to a Canadian citizen or permanent resident.

The real estate board said this behaviour is not allowed under anti-avoidance rules in the new legislation and has ordered Stewart to stop the alleged advertising to clients.

"The Council has contacted the licensee and the brokerage to advise them to immediately cease these advertisements. We have opened an investigation and will be looking into the matter very closely," said a spokesperson from RECBC in a written statement.

B.C. Premier Christy Clark said her government is ready to catch those who try to skirt the new tax.

"We have an audit team ready to go to make sure that every one of these transactions that was on the table, and that closes before Aug. 2, gets a very close look," she said Wednesday.

"Anybody trying to find loopholes is going to discover very quickly that these loopholes don't stand up."

But NDP MLA David Eby argued Stewart was essentially giving "basic tax advice" to his clients and that it's up to the government to come up with better policy.

"This is an entirely predictable reaction to a poorly designed tax," said the provincial housing critic.

WITH FILES FROM DAVID P. BALL

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Pope says the world's at war, urges 'courage' and 'compassion.' **World**

Policies reduce suicides: UBC

LGBTQ

Gay-straight clubs could help students, says report

Thandi Fletcher
Metro | Vancouver

LGBTQ programs and policies in schools can significantly reduce the number of suicide attempts among both straight and queer students, according to a new UBC report.

The report, done in partnership with the McCreary Centre Society, found that creating support programs for LGBTQ students could lead to an average of seven fewer suicidal attempts in a typical B.C. high school every year.

Inexpensive and proactive measures like creating LGBTQ-specific policies or a gay-straight alliance club can make a big difference for all students, said lead author Elizabeth Saewyc.

"That would actually translate into reducing suicide attempts for five heterosexual boys and two lesbian or bisexual girls in any given school year of 1,000 students."

Creating a safe space in schools encourages tolerance for all groups and that helps everyone, explained Saewyc, a professor in nursing and adolescent medicine at UBC.

"Heterosexual boys and girls do experience discrimination because people think they're gay," she said.

Bullying and emotional distress can lead to other unhealthy behaviours like binge drinking and substance abuse, she added.

Many schools have already learned this lesson. In 2008, there were only about 15 B.C. school districts that had specific LGBTQ inclusive policies, according to Saewyc.

"Now, that is closer to 50 school districts," she said.

"Last we checked in 2014, there were more than 160 schools that had GSAs and I would bet today it's an even greater number."

The Vancouver School Board adopted a sexual orientation policy in 2004 and amended it to include transgender issues in 2014.

School districts across the province have struggled to balance their budgets in recent years but GSAs are inexpensive to create and can save the province tens of thousands of dollars in healthcare costs, said Saewyc.

"If seven fewer kids reported suicide attempts, that could save anywhere from $30,000 to $70,000 dollars in healthcare costs."

GSAs require a sponsor teacher or public health nurse to host the club for one hour a week and that costs about $1,000 per school year, Saewyc estimated.

She hopes schools will look at this report and realize what researchers have known for years — that small interventions can make a big difference in LGBTQ students' health.

"(We are) basically taking the existing science out there and trying to put it into concrete terms for schools and school districts to help them make good decisions."

COST ANALYSIS

$1,000 to create a gay-straight alliance in one school could mean:

- seven fewer suicide attempts
- $70,000 in healthcare savings

Students walk through the halls during an open house at a high school. MATT SLOCUM/THE ASSOCIATED PRESS FILE

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Alarm bells ringing loud over Vancouver's hot home prices

HOUSING

Agency puts city at highest risk rating

Canada's national housing agency rang more alarm bells about Vancouver's real estate sector after it released a report Wednesday saying there is now strong evidence of problematic conditions in the city.

In a quarterly housing market assessment released Wednesday, Canada Mortgage and Housing Corp. increased its risk rating for Vancouver to its highest level for the first time since it began releasing the reports last year.

The housing agency said it is seeing evidence of an overheated market, which occurs when demand outstrips supply, and price acceleration in the city. Previously, it had said there was strong indications of overvaluation as prices for single detached homes have soared higher than what economic fundamentals can support.

Robyn Adamache, a principal market analyst for CMHC, said there have been signs of overheating in Vancouver's real estate market for some time, but the agency didn't want to prematurely signal that warning.

"We had been waiting for a couple of quarters of evidence to be able to make that call," Adamache said.

"And part of what contributed to making that call this quarter is that we have started to see the multi-family sector, including both townhomes and apartments, also moving into overheated conditions in terms of the sales to new listings ratio, whereas before it was only on the single-family side."

CMHC says the multi-family home sector, including townhomes, is moving toward overheating JONATHAN HAYWARD/THE CANADIAN PRESS

CMHC's assessment comes as the B.C. government plans to implement several measures, including a 15 per cent tax for foreigners purchasing property, in an effort to cool down house prices that are among the highest in North America.

CMHC chief economist Bob Dugan said it's too early to say what effects the tax will have on Vancouver's real estate market.

"This is an announcement that came out very recently," Dugan said. "We haven't had time to update any forecasts to take this tax into account. There are a lot of unknowns."

Earlier this month, the Real Estate Board of Greater Vancouver reported that the benchmark price for all residential properties in Metro Vancouver was $917,800 in June, a 32-per-cent jump from the same month last year.

CMHC's report Wednesday also said that evidence of problematic conditions in Canada's housing market as a whole has risen from weak to moderate, although Dugan cautioned against jumping to any conclusions based on the national figures.

"I wouldn't spend a lot of time focusing on the Canada-wide numbers," Dugan said.

"When you get down to the CMAs (census metropolitan areas), there's a large variation from one place to the next. So really what you have to look at is where you live or what your part of the country looks like."

Toronto, Calgary, Saskatoon and Regina all showed strong evidence of problematic conditions, according to the report, while real estate markets in Edmonton, Winnipeg, Hamilton, Montreal and Quebec have exhibited moderate evidence of imbalances.

The housing agency says imbalances occur when overbuilding, overvaluation, overheating and/or price acceleration depart significantly from historical averages.

Overall evidence of problematic conditions has decreased in Ottawa since the previous CMHC housing market assessment in April.

The assessment is intended to be an early warning system to alert Canadians about problematic conditions developing in the country's real estate markets. It covers 15 regional markets and the national housing market as a whole. THE CANADIAN PRESS

Foreign buyer tax hurts B.C.: Industries

British Columbia's real estate and home building industries say property buyers and sellers fear collapsed deals and financial losses after the province announced plans to bring in a new property transfer tax on foreign buyers next week.

Bob de Wit, the chief executive of the Greater Vancouver Home Builders' Association, says there is panic among foreign buyers who signed presale properties agreements and are now trying to avoid paying the tax before it comes into effect on Tuesday.

Dan Morrison, president of the Greater Vancouver Real Estate Board, says the 15-per-cent tax is aimed at foreign buyers but it could impact others if foreigners walk away from their deals because of the tax.

Morrison and de Wit say the government should exempt property agreements already in the works before Tuesday's implementation of the tax.

Premier Christy Clark says her government will not amend its proposed property transfer tax plan, which is expected to become law within days.

Clark says the government's legislative amendments are focused on ensuring British Columbians have the opportunity to buy homes. THE CANADIAN PRESS

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B.C. sets up task force to deal with overdoses

SUBSTANCE ABUSE

Group will be comprised of ministry and police staffers

David P. Ball
Metro | Vancouver

Leslie McBain, a Pender Island mother who lost her only child to the deadly drug fentanyl two years ago, doesn't want any other parents to go through what she has.

"It's as simple as that," she said on Wednesday. "It's the worst. As people in grief always say, if we can save one person it's all worth it."

McBain spoke to Metro on the roof of St. Paul's Hospital in Vancouver, shortly after the province's health leaders and premier launched a task force on Wednesday to tackle the increasing number of drug overdose deaths in the province.

Authorities declared a public health emergency earlier this year, after B.C. recorded 371 overdose deaths in the first half of this year.

"We need to stem the flow" of fentanyl into B.C., Premier Christy Clark said. "But ultimately we have to make sure that British Columbians understand this can happen to anybody — it can happen to anybody's child, it doesn't have to be someone who is seriously addicted to drugs.

"We need to be concerned about everyone … every one of these deaths is preventable. Every single one of those people has a family."

Leslie McBain, whose son died of a drug overdose, has been campaigning for more intervention to curb the crisis. DAVID P. BALL/METRO

Her sentiment was shared by provincial health officer Perry Kendall. In an interview after the announcement he told Metro that British Columbians' assumptions about who uses drugs needs to change to address the crisis.

"I think the feeling is that this is happening to other people, or they're disposable people, or they're people who are in it through their own fault — that it's a self-inflicted wound," he said. "But these people are in fact our brothers and sisters, sometimes they're our children, and sometimes they're our parents.

"How a society looks after its most vulnerable is a measure of the civility of that society."

McBain spoke to Metro about her crusade to get the province to tackle the overdose crisis. Her son — 25-year-old Jordan Miller, who died Feb. 4, 2014 — had been introduced to medical opiates like fentanyl after injuring his back at work, and spiralled into using the deadly drug.

"It can be anyone's child," she told Metro in an interview. "It's become almost normalized in a lot of social situations with youth that drugs are ingested, whether pot, ecstasy or opioids.

"With the advent of fentanyl coming in, and being in everything, it's changed the whole scene."

The new anti-overdose task force will be headed by Kendall and police services director Clayton Pecknold. It will also include representatives from the BC Centre for Disease Control and staff in the ministries of health and public safety.

It will be tasked with providing advice to the province on action it can take to prevent and respond to overdose deaths, and work closely with police and the BC Drug Overdose and Alert Partnership.

McBain said she's hopeful such measures can be effective to quickly curb overdose deaths. But she argued governments can't truly tackle the underlying problem without a more drastic approach.

"Fentanyl is going to squeak in no matter what we do," she said. "Taking the profit motive out of this drug — which means, in my mind, legalizing certain drugs, regulating them and having them in a controlled situation like safe injection and consumption sites — is the only way we are going to actually, completely end this epidemic."

WITH FILES FROM MATT KIELTYKA

Time for 'adult' talk on drugs

The province's health minister didn't shy away Wednesday from Metro's question about legalizing harder illicit drugs.

That was one proposal that would undercut the profit motive of drug dealers manufacturing and lacing other drugs with deadly fentanyl, said Leslie McBain, the mother of an overdose victim.

Asked about McBain's call to "end the war on drugs," B.C. Health Minister Terry Lake emphasized that the regulation of controlled substances falls to the federal government.

"I don't want to overstep the bounds here," he told Metro. "But we are having an adult conversation in Canada about drugs — particularly around marijuana and the legalization of marijuana.

"Some people believe it will substitute for more harmful drugs like opioids. In Canada this conversation is evolving. It won't happen overnight, we don't really have the jurisdiction to take action that way, but as Canadians the conversation is changing around our attitudes towards the consumption of illicit substances."

One important attitude shift, he added, is that the medical community and evidence is unanimous that drug addiction is a disease, not a personal choice or failing. "It is a contagion — not an infection but a social contagion — and we have to address it," he explained, responding to citizens outraged over his earlier comments comparing overdoses to an Ebola outbreak. "It's killing our citizens.

"We should be doing something about that just like if they were mailing anthrax through the mail or Ebola or SARS coming through our airports... This is a health issue, not a crime issue." DAVID P. BALL/METRO

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Dr. Caroline Ferris, left, and Michael Henry, a volunteer with the Vancouver Area Network of Drug Users, examine safe injection paraphernalia inside a temporary pop-up safe injection site on 135A Street in Whalley on Wednesday. DAVID P. BALL/METRO

Surrey gets 'pop-up' safe injection site

HEALTH

Unsanctioned tent a response to overdoses, mayor's rebuff

David P. Ball
Metro | Vancouver

Only hours before the B.C. government announced a new high-level task force to curb skyrocketing overdose deaths, a small ragtag group took action themselves in one of the Lower Mainland's injection-drug hot spots.

They set up a tent on the side of 135A Street in Surrey's Whalley neighbourhood. Before 9 a.m., the group had unfolded plastic tables, separated sterile drug paraphernalia into cardboard bowls and clipped Naloxone overdose response kits to their belts.

Three drug users pierced their forearms as Metro observed on Wednesday, others waiting patiently nearby. They asked not to be photographed or identified but praised the visitors from the Vancouver Area Network of Drug Users (VANDU) and Pivot Legal Society for helping "save lives," one said, even if just for a day.

A local homeless man even donated his only protective tarps to help shield the tables for the privacy of the clients.

Dr. Caroline Ferris, specializing in addictions medicine at nearby Lookout Health Solutions, volunteered at the pop-up safe injection site with a stethoscope around her neck.

"(Provincial Health Officer) Dr. Perry Kendall totally made the right move in declaring a public health emergency, although a bit late," she told Metro. "This is totally bootlegging; it's totally off the grid … it's not sanctioned, but the cops are leaving us alone because they're fed up with responding to overdoses."

Hugh Lampkin has volunteered at VANDU for nine years in the Downtown Eastside, including operating previous mobile injection sites there.

"It's a good thing to have in an emergency, a mobile (site)," he told Metro. "But in the long term, you want to have a fixed site.

"When I see what's happening to the marginalized people — my friends — I see scapegoating. It's like our lives don't matter. For me, the best feeling I have is when somebody … appreciates what we're doing."

The temporary operation came not only in response to a spike in overdoses but also because of comments by Mayor Linda Hepner opposing a permanent safe injection facility.

Considering Kendall's emergency declaration in April, Ferris said, "This council has to wake up."

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— FROM THE DESK OF AMY SCHUMER —

Hello, Canada!

I have a book coming out! Look for a cover with a very large image of a girl's lower back tattoo. Do they have tramp stamps in Canada? Probably not as many as we have in America. You guys strike me as all very beautiful, wholesome, happy people. I am envious of your health care system and sensible attitudes about gun safety. If you made a horrible permanent decision on your lower back when you were only eighteen years old, I bet your insurance has already covered the cost of removing that mistake for you. You strike me as people who don't need to be cheered up, but I was born to cheer people up. Even when they don't need cheering up.

I've been keeping journals since I was thirteen years old and it was rewarding, painful, and highly cringe-inducing to go through them in preparation to write my book. But I hope it was worth it. I hope you enjoy laughing and crying along with me as you read. To be honest with you, I don't understand why you bother reading in Canada. The roster of Canadian actors and comics is an embarrassment of riches, and if I lived in the country that produced John Candy, Catherine O'Hara, Phil Hartman, Mike Myers, and Leslie Nielsen, I sure as hell wouldn't be focusing on books. Go watch a Seth Rogen movie! Brag to every American you know that Samantha Bee is Canadian. You guys get to claim her! She is brilliant and funny and she's YOURS!

I hope you don't mind me telling you that I have drank more Labatt beers in my life than I care to admit. But not while I was writing this book. I was dead sober for all of that. I promise. But I don't mind if you crack one open right now because I am truly honoured that you are willing to spend some time with me by reading my book. Again, I don't really understand why you would rather read thousands of tiny words on a page when you could be watching anything Norm Macdonald has ever done. Or Ryan Reynolds. RYAN REYNOLDS! Now you're just mocking me, Canada.

Enjoy the book. I'm trying really hard to show you a good time. But that's some stiff competition.

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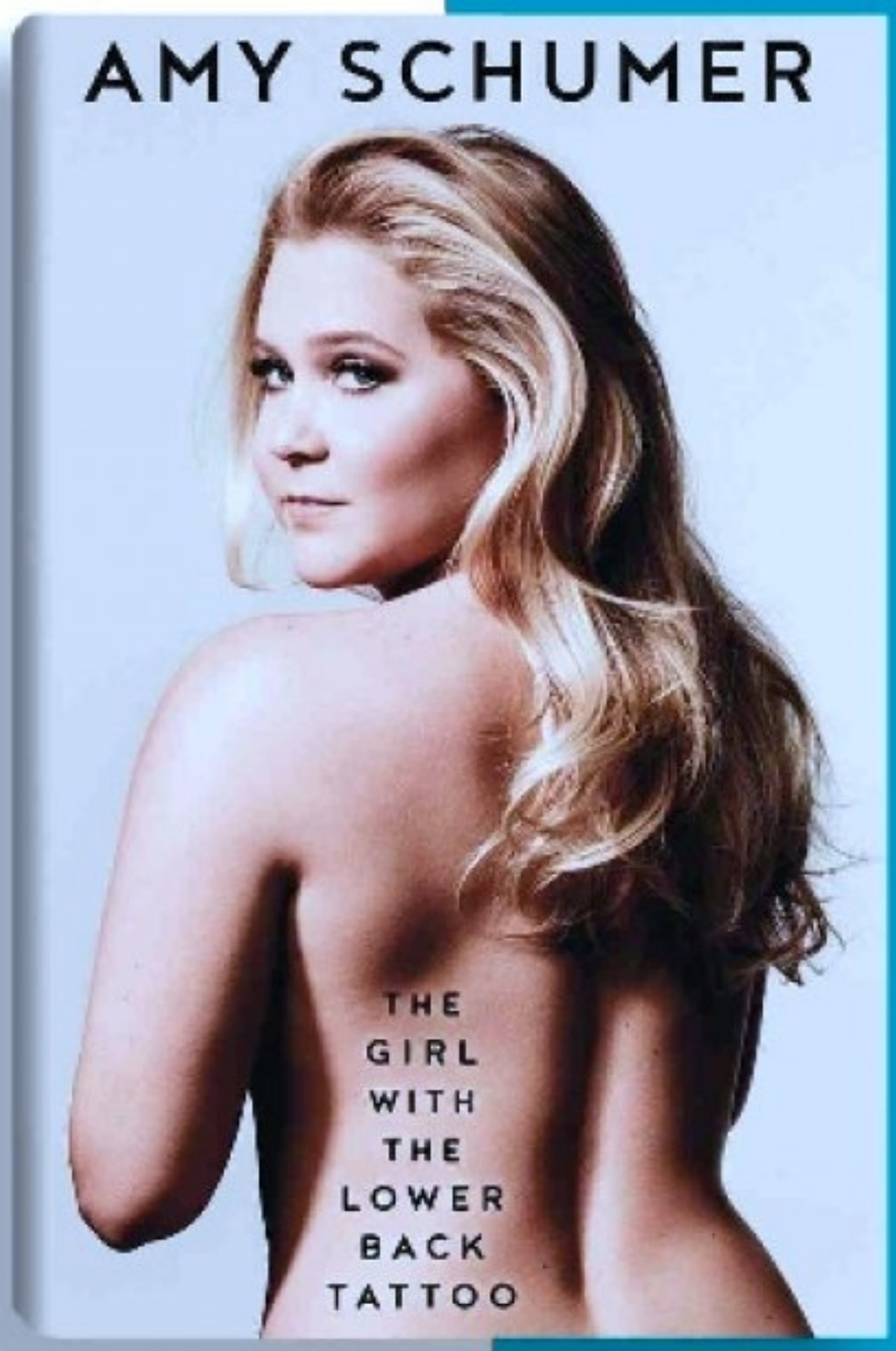

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YOHO RIVER

Body of Calgary boy found in park

Rescuers in Yoho National Park are releasing more details about the search for a young Calgary boy swept to his death in the Yoho River in southeastern British Columbia.

Parks Canada spokesman Lisa Paulson says the 11-year-old and his nine-year-old brother were jumping on rocks at the edge of the fast-moving river on Friday evening when both youngsters tumbled into the water.

She says a 14-year-old relative was able to grab the younger child, but the older boy was swept away.

Paulson says frantic family members were able to track the child for a short distance, while quick-thinking bystanders formed a watch on bridges and embankments downstream in hopes of spotting him.

Paulson was the incident commander during the search that continued until Tuesday morning, when the boy's body was found 13 kilometres downstream at the junction of the Yoho and Kicking Horse rivers.

She says the family has travelled to Golden to identify the body and the coroners' service is now handling the case.

While there was great disappointment the boy wasn't found alive, she was relieved that the body was found quickly.

"It can take weeks or sometimes months ... but finding him now provides the searchers with some relief in knowing we can help provide the family with some closure."

THE CANADIAN PRESS

MEMORIAL REMEMBERING CONST. SARAH BECKETT A plaque is unveiled in honour of Const. Sarah Beckett during a ceremony in front of the West Shore RCMP detachment in Langford, B.C., on Wednesday. Beckett was killed in April when her police cruiser was hit by a pickup truck. CHAD HIPOLITO/THE CANADIAN PRESS

ANIMALS

Hundreds of birds up for adoption

Hundreds of parrots are now up for adoption after the last of the birds was safely removed from Vancouver Island's World Parrot Refuge.

Refuge supervisor Matthew Spate says between 450 and 500 parrots have left the sanctuary at Coombs, located about 150 kilometres north of Victoria.

The sprawling refuge has been in operation for more than a decade but faced an Aug. 1 deadline to remove all the parrots, which at one point numbered more than 800.

Refuge founder Wendy Huntbatch died last February after devoting much of her life to caring for parrots abandoned by owners and breeders.

Spate says the parrots are at a former Society for the Prevention of Cruelty to Animals Shelter, while The Greyhaven Exotic Bird Sanctuary in Surrey, B.C., is part of the effort to relocate the parrots.

He says many of the hundreds of people who expressed interested in adopting one of the refuge's parrots can expect calls shortly.

"It was a big step where we were able to remove the birds and now it's a process of making sure the birds are healthy," Spate says. "Then we can start figuring out how to re-home them."

He said there was a time crunch to get the birds out of the refuge, but now the adoption process will press ahead.

"I think we'll be able to find homes for all these birds," Spate says. "Some of the homes will have to be more special people because these birds were in the refuge for 12 years and are not as sociable as could be."

THE CANADIAN PRESS

Man gets 13½ years for arson, shootings

COURT

Judge says acts were calculated, but were rooted in delusion

Delusions drove a man to target 15 homes in British Columbia with arsons and gunfire, but Vincent Cheung was aware of his drug addiction and his behaviour requires strong denunciation, a judge says.

Associate Chief Justice Austin Cullen of the British Columbia Supreme Court sentenced 43-year-old Cheung to 13 and a half years in prison on Wednesday for orchestrating several attacks in 2011 and 2012.

Cheung pleaded guilty last week to 18 of 23 charges, admitting he planned and paid others to carry out fire-bombings and shootings on homes and cars because he believed his victims were connected to a training centre for police. Other first responders also attend the Justice Institute of British Columbia.

Cullen ruled that Cheung's motives were rooted in delusions but the crimes were calculated.

"I accept the offender did not 'choose' to become an addict or to suffer from paranoid delusions," Cullen said. "He did, however, make certain lifestyle choices ... and nefarious connections to wage a campaign of fear."

> **He did however make certain lifestyle choices.**
> Austin Cullen

Cheung will serve 12 more years in prison after credit for time already served. The judge also ordered a firearms prohibition and said the man must provide a DNA sample.

The Crown had asked for a 15-year prison sentence, while Cheung's lawyer, Martin Peters, recommended a 10-year-term.

Peters said his client was handed a long sentence for Canada. He said the judge "perceptively" acknowledged that his client knew he was paranoid for years.

"The judge had to balance the drug-induced delusions – which was something my client suffered — from the very serious impact that the victims felt," he said outside court. "I think the judge, in his sentencing, certainly gave some credit for those delusions."

Peters said it does not appear Cheung still has delusions, noting he has stopped taking drugs.

THE CANADIAN PRESS

Bridge project applies for review

Matt Kieltyka
Metro | Vancouver

The proposed George Massey bridge is seeking environmental approval.

The British Columbia government announced Wednesday that the Ministry of Transportation has submitted its application to the Provincial Environmental Assessment Office for an environmental certification, which would allow government to move ahead with the replacement for the aging George Massey Tunnel.

The application review period of up to 180 days is now underway and will include a 60-day period for public comment.

Three public houses are scheduled for Aug. 17, Sept. 13 and Sept. 14 in Delta and Richmond.

The province, despite opposition from most of the municipal governments in the region, plans to build a 10-lane bridge at a cost of $3.5 billion. Construction is expected to begin in 2017.

ROYAL VISIT

William and Kate are coming to British Columbia

The Duke and Duchess of Cambridge will pay a visit to British Columbia this fall.

Prince William and his wife, Kate, will visit B.C. and Yukon later this year, Gov. Gen. David Johnston announced Wednesday.

"Our true Canadian pride and spirit will shine and be at the very heart of this visit so they can feel at home," Johnston said in a statement.

It's the royal couple's second visit to Canada. Their first, following the 2011 wedding, took them to Ottawa, Montreal, Quebec City, Charlottetown, Summerside, Yellowknife, Calgary and Slave Lake after that community was ravaged by a forest fire.

The then-newlyweds drew large crowds wherever they went, including a packed Canada Day gathering on Parliament Hill.

The visit was also seen as a way to engage young Canadians with the monarchy, given the perception of waning interest compared to that of older Canadians.

In a statement, Prime Minister Justin Trudeau said the visit will present a chance for Canadians of all background to meet with the Duke and Duchess "and learn more about our heritage, traditions, and institutions."

B.C. Premier Christy Clark likened the upcoming visit to other milestone events hosted by the province.

"Like the Olympics, Women's World Cup, Expo 86 and other international events, the royal tour will focus global attention on B.C. and showcase everything British Columbians take pride in, from our unmatched natural beauty to our thriving, diverse communities," Clark said.

There was also no immediate word whether the couple's children, George and Charlotte, would accompany them to Canada. THE CANADIAN PRESS

Catherine, Duchess of Cambridge and Prince William, Duke of Cambridge Portsmouth, England.
CHRIS JACKSON/GETTY IMAGES

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Montreal the greenest

ENVIRONMENT

Emissions study puts Edmonton homes at the bottom of list

Homeowners in Edmonton generate, on average, almost four times the amount of greenhouse gas emissions as their counterparts in Montreal, according to a study released Wednesday by the University of British Columbia.

The study from the university's faculty of land and food systems estimated average household emissions in major cities across Canada between 1997 and 2009, based on factors such as weather, population density and the type of energy used for home heating and electricity.

Montreal homes were ranked the greenest — at 5.4 tonnes per year — largely because of the widespread use of clean hydroelectric power. The city's dense population also means motorists spend less time commuting and guzzling gas.

"If you live in Montreal, you can walk to your grocery store, you can walk your kids to school. You don't have to be driving everywhere, whereas in Edmonton, unfortunately, you do," professor Sumeet Gulati, one of the report's two authors, said Wednesday.

Edmonton, followed closely by Calgary, was at the bottom of the pile at 20.7 tonnes per year, partly because of the use of coal-fired home energy and a spread-out population. The colder weather in the two biggest Alberta cities also means more energy is needed to heat homes.

Vancouver, despite its very mild temperatures, ranked second behind Montreal because of the West Coast city's use of natural gas in residential utilities. Natural gas is available throughout Montreal, but it is more expensive than hydro.

Winnipeg ranked third-lowest for emissions, ahead of fourth-place Toronto. Despite its bone-chilling winters, Winnipeg scored well because of its use of hydro power. THE CANADIAN PRESS

ROYALTY GUESS WHO'S COMING BACK TO CANADA? Catherine, Duchess of Cambridge and Prince William, Duke of Cambridge, attend the presentations at the America's Cup World Series on July 24 in Portsmouth, England. William and Kate will pay a visit to Canada this fall — their second since getting married five years ago. They will visit British Columbia and Yukon later this year, Gov. Gen. David Johnston announced Wednesday.

The royal couple's first visit to Canada followed their 2011 wedding and took them to Ottawa, Montreal, Quebec City, Charlottetown, Summerside, Yellowknife, Calgary and Slave Lake after that community was ravaged by a forest fire.

CHRIS JACKSON/GETTY IMAGES

OTTAWA

Group calls for body cams after arrest death

Haley Ritchie
Metro | Ottawa

The Canadian Association of Somali Lawyers released an open letter of support on Wednesday for the family of Abdirahman Abdi — the Somali-Canadian man who died following a violent arrest in Ottawa Sunday — asking for more transparency in SIU investigations and body cameras on all Ontario police officers.

"It's a national issue," said president Billeh Hamud.

The open letter makes three main demands of the Ontario government, all related to the Abdi case.

"The most important thing is transparency, and that's not being done right now," said Hamud, who wants to see SIU investigations opened up to the public. The SIU is Ontario's civilian oversight agency that investigates cases resulting in serious injury, death or sexual assault when police are involved.

> It's a national issue.
> Billeh Hamud

The group also wants to see body cams — small cameras attached to officers while they work — on police across Ontario.

Hamud said the group also wants more training that addresses both race and mental health.

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FW-26: METRO VANCOUVER, CALGARY, EDMONTON

Premier's focus now on drinking water

SASKATCHEWAN

Leader says pipeline debate can wait after massive oil spill

Saskatchewan Premier Brad Wall says his top concern right now is making sure communities affected by an oil spill have enough drinking water and the wider debate over pipelines can wait.

"We need to make sure that drinking water is available, that potable water is available to communities affected by this. That's the first challenge," he said Wednesday in Regina.

"We'll get into the debate on pipelines versus rail or how we move oil across this country at a later date, but for now I think we should just set it aside."

A Husky Energy pipeline last week spilled between 200,000 and 250,000 litres of oil into the North Saskatchewan River.

Crews work to clean up the oil spill on the North Saskatchewan River on July 22.
JASON FRANSON/THE CANADIAN PRESS

The slick has already hit the cities of North Battleford, Prince Albert and Melfort, where water intakes have been shut down and measures to conserve drinking water have been put in place.

An incident report filed by Husky on Tuesday said a leak was discovered around 8 p.m. on July 20, a day earlier than initially believed. The company later clarified that it was alerted to "pressure anomalies" that evening, but it did not confirm there had been a leak until the next morning. It began shutting down the line around 6 a.m. last Thursday and informed the Saskatchewan government around 10:30 a.m.

Wall noted Husky has said it will review what happened and why there was a delay, but added the company's response to the spill itself appears to have followed protocol.

THE CANADIAN PRESS

MILITARY

Training targets 'high consequence' threats

The possibility of a terrorist attack using biological or chemical weapons makes the focus of a 15-day NATO training exercise at Canada's largest training base even more important, says a counterterrorism expert.

Even though the majority of recent attacks have involved explosives or armed gunmen, that doesn't mean a more serious threat isn't out there, says Chris Corry with Defence Research and Development Canada.

"Although people think it's a low-risk threat, it's a high consequence threat," the former Canadian infantry officer said Tuesday.

Exercise Precise Response 2016 at Canadian Forces Base Suffield in southeastern Alberta isn't about high-tech military equipment or heavily armed soldiers. It is focusing on chemical, biological, radiological and explosive material.

More than 350 chemical, biological, radiological and nuclear specialists from 10 NATO countries — including Canada, the United States, Britain, France and Germany — are testing their skills in a realistic environment. Nearly all of the participants are wearing some sort of biohazard suit.

During three exercises set in the imaginary country of Canuckistan, teams investigate reports of terrorist activity and follow clues to chemical weapons factories.

THE CANADIAN PRESS

IN BRIEF

Man in wheelchair killed on tracks by train

A 29-year-old New Brunswick man in a wheelchair was killed when he was struck by a CN train at a crossing in Moncton, police said Wednesday. RCMP Const. Derek Black said the man from Moncton was on the tracks at a crossing near Robinson and Victoria streets when he was hit by the train at 1:45 a.m. "Police are trying to determine why he was on the tracks and what exactly happened," he said.

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Democrats break out Barack

Barack Obama said his 2008 battle against Hillary Clinton was incredibly tough.

J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

NATIONAL CONVENTION

No one has ever been more qualified than Hillary, he says

The Democrats wheeled out their biggest hitter Wednesday night, and he didn't pull his punches.

U.S. President Barack Obama took the convention stage, smiling at chants of "Yes we can," and used all his skills as an orator to speak for Hillary Clinton as "a mother and a grandmother who would do anything to help our children thrive."

He spoke of the race for the nomination in which he beat Clinton.

"Every time I thought the race was won, she just came back stronger," Obama said, pointing out that Clinton's time as secretary of state had her involved in tough security decisions.

"There has never been a man or a woman — not me, not Bill or anybody, who has been more qualified to serve as President of the United States," Obama said.

And he had harsh words for the Republicans, saying this is "not a typical election" but instead a "more fundamental choice about who we are."

The Republican convention presented "a deeply pessimistic vision of a country where we turn against each other and against the world," the president said.

His support for Clinton is also driven by deep concern that Donald Trump might win and unravel his eight years in office.

Wednesday night's Democratic lineup was aimed at emphasizing Clinton's national-security credentials. It came in the wake of comments by Trump earlier in the day encouraging Russia to find emails Clinton says she deleted as secretary of state.

Vice-President Joe Biden appealed directly to the working class white voters who have been drawn to Trump's populism, warning them against falling for false promises.

New York Mayor Michael Bloomberg, a billionaire himself, took aim at Trump's bankruptcies. METRO, WITH FILES FROM THE ASSOCIATED PRESS

KAINE SPEAKS

Sen. Tim Kaine

Clinton's running mate, Virginia Sen. Tim Kaine, addressed the convention, formally accepting the nomination to run for vice-president.

Kaine praised Clinton's character, saying it was shown in her "passion for kids and families" throughout her political career and before she first ran for office.

He repeatedly invoked Bernie Sanders' name, calling him a valued colleague, and launched a fierce attack on the integrity of "one-man wrecking crew" Donald Trump, including his failure to publish details of his taxes.

And, as the senator for Virginia during the 2007 Virginia Tech shooting, Kaine called for greater gun control in the U.S.

People stand near a makeshift memorial near the Saint-Etienne-du-Rouvray church on Wednesday.
CHARLY TRIBALLEAU/AFP/GETTY IMAGES

Acquaintances of killer unsurprised

FRANCE

Daesh video shows vow by teenager who slew priest

Adel Kermiche nursed his obsession with jihad in the quiet French town of Saint-Etienne-du-Rouvray, and his twice-thwarted attempt to join Daesh extremists in Syria ended with an attack on an elderly priest.

New details emerged Wednesday about the 19-year-old, one of two assailants who took hostages Tuesday at a church in the town, slitting the throat of the Rev. Jacques Hamel before being shot to death by police.

The attack was claimed by Daesh, which released a video Wednesday allegedly showing Kermiche and his accomplice pledging allegiance to the group.

In it, Kermiche identifies himself by the nom de guerre Abul Jaleel al-Hanafi and says his compatriot is called Ibn Omar. Speaking in broken Arabic, Kermiche recites: "We pledge allegiance and obedience to Emir of the faithful Abu Bakr al-Baghdady in hardship and in ease."

Those who knew him said Kermiche appeared to think of little else other than trying to join the extremist group in Syria after the January 2015 attacks on the satirical newspaper Charlie Hebdo and a kosher supermarket.

> **I knew it was him. I was sure.**
> Attacker's neighbour

"He said it wasn't possible to live peacefully in France. He spoke with words that did not belong to him. He was mesmerized," his mother said in an interview last year after her son was detained and returned to France after trying to make it to Syria.

Initially Kermiche was jailed, but a judge ordered him placed him under limited house arrest.

A neighbour, who gave only his first name, Redwan, was at work when he learned about Tuesday's attack at the church.

"I knew it was him. I was sure," the 18-year-old said. "We tried to bring him to his senses, but every time we did it he was bringing in a verse from the Qur'an. He was inventing things."

A family acquaintance defended the efforts of Kermiche's parents.

"They gave them everything in material terms, in terms of love," said Annie Geslin. "They did not succeed in getting their son to return to a, how to say it, a normal behaviour."

THE ASSOCIATED PRESS

Pope Francis warns of a world at war

Pope Francis, deeply saddened by the slaying of an elderly priest during Mass in a church in the French countryside, warned grimly Wednesday that the world is at war but cautioned against labelling it a war among religions.

At the start of his first ever trip to Eastern Europe, where anti-migrant sentiments have been rising, he also encouraged Europe to welcome refugees from war, hunger and religious persecution and called for "courage" and "compassion."

Francis was celebrating World Youth Day in Poland, where many fear that accepting Muslim refugees would threaten the nation's security and its Catholic identity.

As he started the five-day trip, he told an audience that what is needed is "a spirit of readiness to welcome those fleeing from wars and hunger, and solidarity with those deprived of their fundamental rights, including the right to profess one's faith in freedom and safety." THE ASSOCIATED PRESS

Pope Francis GETTY IMAGES

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Flushable wipes controversy gets dirty

SANITATION

Industry still insisting its products work as intended

The long-running "flushable wipes" controversy has turned into an ongoing war of words in Canada, with manufacturers insisting their moist towelettes are more sewer-friendly than ever as municipalities urge citizens to put them in the garbage, not down the loo.

More than a dozen lawsuits have been launched in the United States against manufacturers, claiming damages to individual or municipal sewer systems, but in Canada the fight is so far a public relations battle.

Metro Vancouver, for instance, is spending $200,000 on an "Adult Toilet Training" program this summer, using humorous videos and ads in pink port-a-potties to bring the message to its 2.5 million system users that it's not OK to flush "flushable" wipes — or anything else other than "pee, poo and toilet paper."

In Fredericton, the city warns: "If you did not eat it first, you should find another way to dispose of it," on its website.

Toronto's wastewater division advises residents not to flush any wipes — "even those that say flushable can cause a problem."

The industry, however, is unrepentant. Lynn Matheus, senior research and engineering manager for Kimberly-Clark, the company that manufactures popular Cottonelle wipes, insists that flushable wipes are just that. "We continue to stand firmly behind our claims that our wipes are flushable and they are safe for sewer and septic systems," she said in an interview.

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Workers clear blockages from pumps at a Vancouver station.
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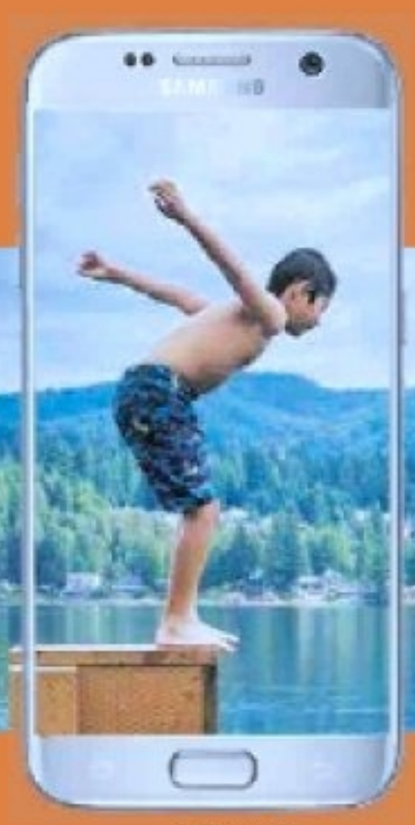

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EUROPE

Italy now the focus in Brexit aftermath

About a month on from Britain's vote to leave the European Union, there's little evidence that economic activity across the continent has been derailed yet.

That's some reassurance for the 19-country eurozone as it faces a host of other problems, many of which relate to Italy, the bloc's third-largest economy. The country has to shore up its banks — and will get some idea Friday of the scale of the problem when regulators publish the results of EU-wide bank stress tests.

Separate figures Friday will also show how the eurozone economy was faring in the run-up to the British vote. Analysts estimate that the quarterly growth rate halved to 0.3 per cent in the second quarter compared with the first for a variety of reasons, including the pick-up in the price of oil, concerns over a slowdown in China and uncertainty ahead of the British referendum on June 23.

No doubt the vote for so-called Brexit has proven a shock to many and a jolt to the European project of political integration. But so far the economic fallout appears to have been contained. Surveys of business activity, such as the Ifo index of German business confidence, have shown resilience, in marked contrast to those assessing the state of the British economy.

"Europe already appears to have moved on," said James Nixon, chief European economist at Oxford Economics.

Nixon said "the more immediate challenge" for European policymakers is the constitutional referendum in Italy expected this fall, "where the government currently faces a good chance of succumbing to the same sense of populist disaffection that prompted Brexit." THE ASSOCIATED PRESS

Italian Premier Matteo Renzi
THE ASSOCIATED PRESS FILE

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ROSEMARY WESTWOOD
ON WHAT HILLARY'S NOMINATION PORTENDS

The true, extended test of a Clinton presidency — and American society by extension — would be in how long it takes for another woman to similarly ascend.

Perhaps, like roughly 60 per cent of the U.S. electorate, you view Hillary Clinton … let's say "unfavourably."

Perhaps, like Julian Assange, you consider the choice before Americans in November as akin to "asking me, do I prefer cholera or gonorrhea?" You might hate Clinton's hawkishness, dislike her handling of the email scandal, consider her too centrist, too liberal, or distrust her political motives. You might also be a raging sexist.

Feminism is the undercurrent to this week's Democratic National Convention. It coloured Bill Clinton's portrayal of his driven, defiant wife. And it has been personified in Lena Dunham, for millennial women; Meryl Streep, for second-wavers; and Michelle Obama for literally everybody.

According to the DNC, Clinton's rise is a game-changer for women in American society, too. That was made explicit nowhere more elegantly than in Michelle Obama's barnburner of a speech, in which she said that Clinton was the kind of leader who keeps putting "those cracks in the highest and hardest glass ceiling until they finally break through, lifting all of us along with her."

The Obama daughters now "take it for granted" that a woman can be president, Obama said. But can is not the same as will. And women might not all be lifted. At least, not immediately.

The Obama daughters now 'take it for granted' that a woman can be president, Michelle said. But can is not the same as will.

History is full of monumental firsts that do not open a floodgate of seconds, thirds, fourths and fifths. Canada hasn't had a woman prime minister since Kim Campbell in the 1990s. She held the job for a whopping four months. After Margaret Thatcher's long reign in the U.K., it was another quarter century before Theresa May landed at 10 Downing. When she did, English-language papers could only muster enough imagination to compare her to other women leaders, which left them all drawing Thatcher and Angela Merkel parallels.

REMEMBER — WE DID IT FIRST Former prime minister Kim Campbell is seen in Vancouver in April 2015. Campbell's four-month tenure in 1993 was the last time a woman got close to the job. THE CANADIAN PRESS

In his new Revisionist History podcast, Malcolm Gladwell charts these yawning gaps between one woman's advancement and the next to tread in her footprints. He posits that moral licensing — a term used to describe the way people tend to excuse our general bad behaviour if we've done a good deed — could explain the phenomenon: Sexism continues to flourish even in the face of women's advancements precisely because those advancements allow people to excuse their prejudice. "We must live in an equal society if a woman can be president!" Never mind the reality.

The true, extended test of a Clinton presidency — and American society by extension — would be in how long it takes for another woman to similarly ascend.

Every woman who attempts to chart this course will inevitably be and uniformly compared to Clinton. Her successes and failures will be the foil for them all.

In Canada, our concern over never once voting a woman into the PMO in a general election is oddly mute. It's not much of a burning problem, it would seem, that only 26 per cent of federal MPs are women, a rate that, while abysmal, is marginally better than provincial and municipal levels, which Simon Fraser University researcher Halena Seiferling pegs at 25.7 per cent and 23 per cent, respectively.

Low though they may be, those numbers took decades to build up. A graph produced by the website FiveThirtyEight shows the rise of women in U.S. Congress since 1917, and it has all the gradual elevation of a shallow beach.

Equal Voice, Canada's non-partisan organization dedicated to electing more women, has decided the best hope may just be to target the politically minded young and aim to reap the benefits decades from now. The group launched a project this summer called Daughters of the Vote, which is recruiting 338 young women to fill the seats in Parliament during a special event next year, when they'll learn about Canada's political institutions.

"We're investing 10, 20 years down the road," executive director Nancy Peckford told me. "Demystifying the process, helping them identify the number of roles you can play so they never dismiss formal political engagement as a way to make change."

The real kicker is that 1,500 young women have applied for those 338 spots, — more than the number of candidates in the last election, where women made up only one third. Equal Voice is also aiming for racial diversity, meaning the women they choose should "look like Canada," Peckford said.

Without such efforts, she added, it could take 90 years to close the gap.

This is "equality" in Canada, and the U.S.: A slow plod toward more women politicians that doesn't so much as increase your heartbeat, and a history of female leadership that reads as precipitous peaks and valleys.

So, yes, expect a momentous night for Clinton, and feminists may as well enjoy that as much as we can muster. There may not be another chance for a long, long time.

Bernie's is the real populist revolution

Linda McQuaig

Besides providing some powerful lines for Melania Trump's next speech, Michelle Obama reminded us this week how inspiring the Democrats can be at their best.

Indeed, while Donald Trump has grabbed political centre stage due to his sheer loutishness, it may be the Democratic Party that is undergoing the more far-reaching transformation.

After years of drifting towards the centre, the Democrats have been profoundly shaken by Bernie Sanders' insurgent populist campaign.

Of course, Hillary Clinton is the Democratic nominee, but the clout exercised by the millions of committed Sanders supporters is reflected in the party's unusually progressive platform and the prominence the party has felt obliged to give to Sanders and Sen. Elizabeth Warren, whose popularity is further proof that the demise of Occupy Wall Street has been greatly exaggerated.

The youthful Sanders crowd, which threatened to derail the convention on opening day, isn't likely to go away. It's determined to shape the Democratic Party of the future, believing that the only way to respond to the class war being waged by an aggressive billionaire class is with backbone — a body part that's been noticeably missing from Democrats in recent decades.

In the midst of the 1930s Depression, Democratic president Franklin Roosevelt showed backbone, championing unions, bringing in universal pensions, taxing the rich and restraining Wall Street with the Glass-Steagall Act. Addressing a wildly cheering crowd at Madison Square Garden in 1936, Roosevelt vowed to defy the bankers and financial tycoons lined up against him. "They are unanimous in their hate for me — and I welcome their hatred!"

Roosevelt's New Deal ushered in a postwar era in which workers made impressive economic gains as a rising middle class while the wealthy elite lost ground.

Starting in the late 1970s, however, the elite launched a forceful counteroffensive with the support of the Republican party, and the Democrats were surprisingly weak in response, eventually realigning themselves with Wall Street and voting with Republicans for financial deregulation and lower taxes on the rich.

Perhaps most stunning of recent Democratic abdications was the party's failure to mount even a feeble defence of the estate tax when George W. Bush and the GOP moved to gut it. The tax had been the pillar of progressive taxation in the U.S. for more than a century, applying only to the richest of the rich.

Much has been said about the alleged populism of Donald Trump, who is calling for a new round of staggeringly large tax cuts for the rich, including the complete elimination of the estate tax. As for the working poor: Trump opposes increasing the federal minimum wage, and has floated the idea of abolishing it altogether, allowing states to compete in setting ever-lower minimum wages.

The forces unleashed by Bernie Sanders hunger for a real populism, and they're unlikely to settle for anything less than a party that once again shows backbone against bellicose billionaires.

Linda McQuaig is a journalist and author.

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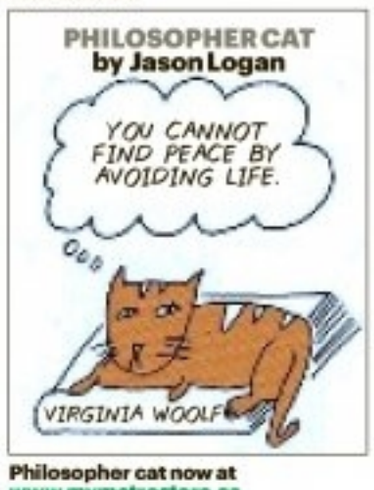

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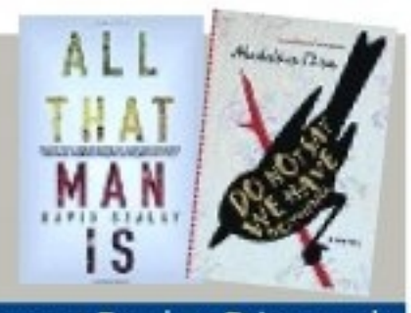
metro LIFE

Your essential daily news



Canadian authors Madeleine Thien and Canada-born David Szalay get Booker Prize nods

Podcasts face an uphilll battle

MEDIA

Canadian shows lack funds, support

Genna Buck
Metro Canada

When they see a new episode of Witch, Please in their podcast feeds and hear those familiar owl hoots, listeners know they can settle in for another hour or more of Hannah McGregor and Marcelle Kosman's funny, feminist banter on the Harry Potter series.

The Edmonton-based podcast hosts have passion, 3,000 listeners and a lively program. What they lack is any reliable way to make money from their work.

Despite a few breakout successes, like the media-criticism show Canadaland, the Canadian podcasting industry is in its infancy and dominated by repackaged radio shows. The format — audio content delivered via digital syndication — has been around for more than a decade.

"I listen to almost no Canadian (podcasts), because they usually feel like edited radio," McGregor said.

Podcasts, at their best, share features with great radio: Important stories with high production values and a reliable release schedule. But the two forms are not synonymous.

"The pleasures of podcasting have to do with the intimacy of the audience," McGregor said. "You feel like ... a specialized community of friends. Radio, because it's supposed to speak to the nation, doesn't really work in the same way."

Self-taught podcaster Hannah McGregor is wrapping up Witch, Please, a Harry Potter-themed program, and planning to start a new podcast soon. KEVIN TUONG/FOR METRO

Only one of the top ten podcasts on the Canadian iTunes charts is Canadian: Love Me, a CBC-backed program that recently wrapped its first season with no plans yet to renew.

That 1-to-10 ratio is "expected," said Lori Beckstead, a professor of digital media at Ryerson University.

Canada is a small media market, and unlike TV or radio creators, podcasters aren't protected by Cancon rules. At present there's no Canada Council for the Arts grant for general podcasts.

To amass enough listeners to make money, podcasters need "an existing personal or business brand, or a niche topic that isn't serving audiences already out there," Beckstead said. "If you are just an average Joe or Josephine, it is a tough, tough uphill slog."

Canada doesn't have anything like the U.S. media companies that incubate, promote, and solicit ads for podcasts, like Panoply, Radiotopia and Gimlet Media, among others.

Some companies do sponsor podcasters in exchange for on-air ads, but this route isn't feasible without a large audience.

McGregor said when she looked into it, given their listener base, a sponsor break in every biweekly episode would bring in $15 to $20 per month.

Patreon, a virtual tip-jar for artists, is "the only viable way to make money off a podcast in Canada," she said.

Kaitlin Prest knows that reality all too well. In 2008, when she became the host of The Heart, an audio program about sex and relationships, it was still a show on university radio in Montreal called Audio Smut. It became an independent podcast based in New York City when Prest moved there in 2012.

"In Canada, it felt like you work at the CBC or you don't do radio," Prest said. Community radio also didn't provide a clear way to create a profitable business or a polished sound.

"I needed an editor, I needed an engineer, someone to fix the show and make it sound good. Those were things I had to learn all by myself," Prest said.

In New York, she found those resources, and a community of audio storytellers. Radiotopia picked up The Heart in 2014; investing $24,000, Prest said.

Canada has podcast networks, but they're not throwing around that kind of money.

A notable one is the Toronto-based Never Sleeps Network, which founder Alex Ross describes as an "artists' commune." Members share the costs of running a small studio, and don't have sponsors. But what they're building — a base of listeners with a variety of niche interests — is worth money, Ross said.

"I have every comic book nerd in Toronto at my fingertips. Hobbies are the best ways to connect people," Ross said.

"Successful podcast networks are just floating," he added. "If one company was smart enough, they'd scoop us all up."

For now, Canadian podcasting is a labour of love.

"Success in Canada looks a lot different than in other countries. If we're getting up in the morning and going to the studio instead of our (jobs), that's success. If I can pay my bills, that's complete success, Ross said.

LISTEN TO THIS

Metro has some new podcasts of its own, with more on the way. Visit metronews.ca/podcasts to listen.

Scrub League: Canada's first eSports Podcast
A hilarious but rigorous show about the fastest-growing pop-culture phenomenon in the world: competitive video-gaming. Every week hosts Colin, Kevin and Samantha bring you the latest news and views from the world of eSports.

Nth Wave: A podcast a about women and the media
Every week Metro's national columnist Rosemary Westwood sits down with a female guest to discuss what it's like to be a woman working in, engaging with, and being covered by the North American media.

JOHANNA SCHNELLER WHAT I'M WATCHING

Love is love is love on Looking

THE SHOW: The Show: Looking: The Movie (HBO)
THE MOMENT: The Moment: The wrong kiss

Patrick (Jonathan Groff), back in San Francisco for a wedding, is staying with Dom (Murray Bartlett). Lying in bed, they share a vaporizer. Years ago, they almost hooked up; today they're best friends.

"What if we got together now?" Patrick asks. "It's not the worst idea."

"It's up there," Dom says.

Patrick rises on his elbow. "Maybe this has been staring us in the face this whole time. On paper, it's — would you stop laughing?"

He flops back down. "But it would be nice, wouldn't it?" he goes on. "To suddenly find something by mistake that makes it all…easier?"

Dom leans over and kisses Patrick — first lightly, then deeply. They burst out laughing.

I am heartened by how square this movie is. We can't have sex because it'll wreck our friendship? It's like an '80s rom-com had a gay makeover — St. Elmo's Queer Fire – so instead of Demi Moore, it's Patrick who has to forego his wild-child ways and grow up.

Its wisdom is so Ladies' Home Journal: It's okay not to want at 30 what you wanted at 18. Settling down is not selling out. No relationship is perfect; it's more about, do you like how he smells, do you laugh at the same things, do you want to drink Ensure with him when you're old?

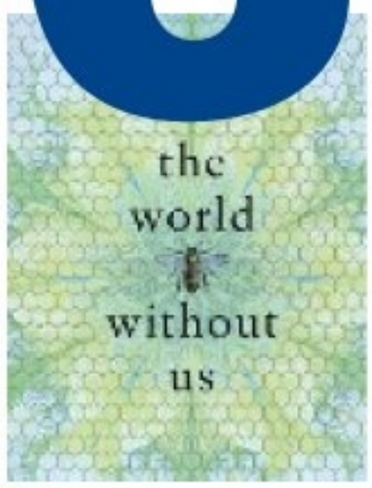
Near the end, Patrick takes a moment to marvel at how marriage has become de rigueur for queer people. That is worth celebrating. Boring is the new thrilling, and love is love is love is love.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Best friends Patrick, left, and Dom wonder about love in the two-hour HBO conclusion to the series Looking. CONTRIBUTED

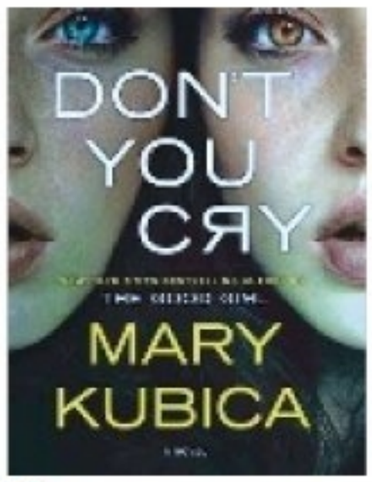
6 PERFECT COMPANIONS ON A SUMMER DAY

Each of these recent books would make an excellent travelling companion — entertaining and distracting, perfect for whiling away a summer day. TORSTAR NEWS SERVICE



1 The World Without Us, Mireille Juchau

The Müller family's youngest daughter, Pip, died two years ago, and each member is dealing with the loss. Evangeline walks the fields pushing her dead child's pram filled with painting supplies. Stefan, her husband, tends his collapsing bee colonies and, as the novel opens, discovers a van with skeletal remains within.

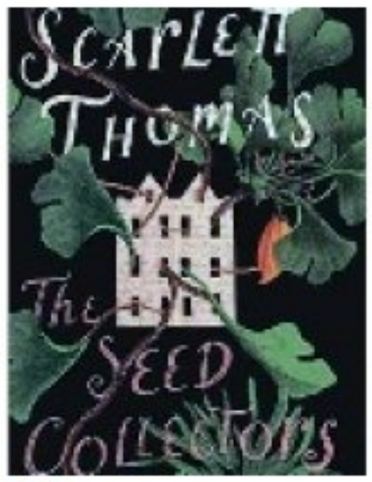


2 Don't You Cry, Mary Kubica

Quinn wakes up on a Sunday morning to discover her roommate, Esther, has disappeared. Searching her room yields nothing beyond a stalkerish letter addressed to My Dearest, signed with Esther's initials, EV. Quinn's apprehension mounts when she discovers Esther's former roommate died under suspicious circumstances.

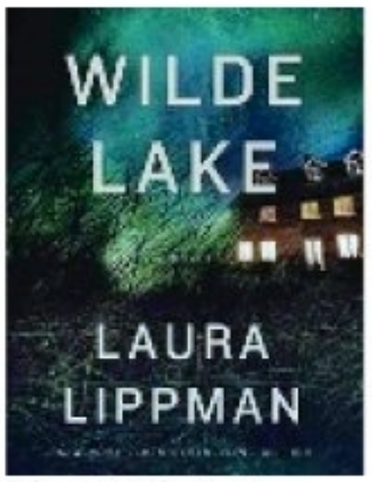
3 Beware That Girl, Teresa Toten

Teresa Toten begins her new novel in a hospital room. One girl lays unconscious. Another sits silent. One is Kate, the other Olivia, but which is which? We then cast back seven months to the beginning of the school year at New York's elite Waverley School, where we follow, in alternating chapters, Kate, a scholarship student, and rich Olivia, whom Kate recruits as her BFF.



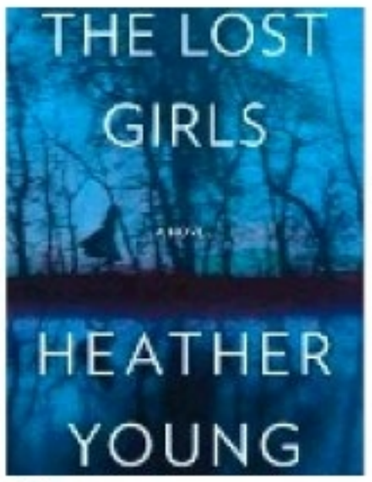
4 The Seed Collectors, Scarlett Thomas

This novel takes us into the lives of members of the Gardener family, the female members of which have horticultural monikers — Clem(atis), Plum, Lavender, Briar Rose and the like. As our story opens, great-aunt Oleander has just died, leaving Namaste House, a yoga retreat and refuge for celebrities, to Fleur.



5 Wilde Lake, Laura Lippman

Luisa Brant's story unfolds over two periods in alternating chapters. One is Lu's memoir, growing up the daughter of a revered state's attorney: his first celebrated case. The second thread concerns Lu Brant today: she is the new state attorney and her first case concerns a homeless man accused of murder.



6 The Lost Girls, Heather Young

The unsolved disappearance of six-year-old Emily in 1935 is at the heart of this polished debut. Lucy, Emily's older sister, now an elderly woman, writes an account of what happened that summer for her grand-niece, Justine, to read after her death. Lucy's story unfolds in alternating chapters with Justine's story.

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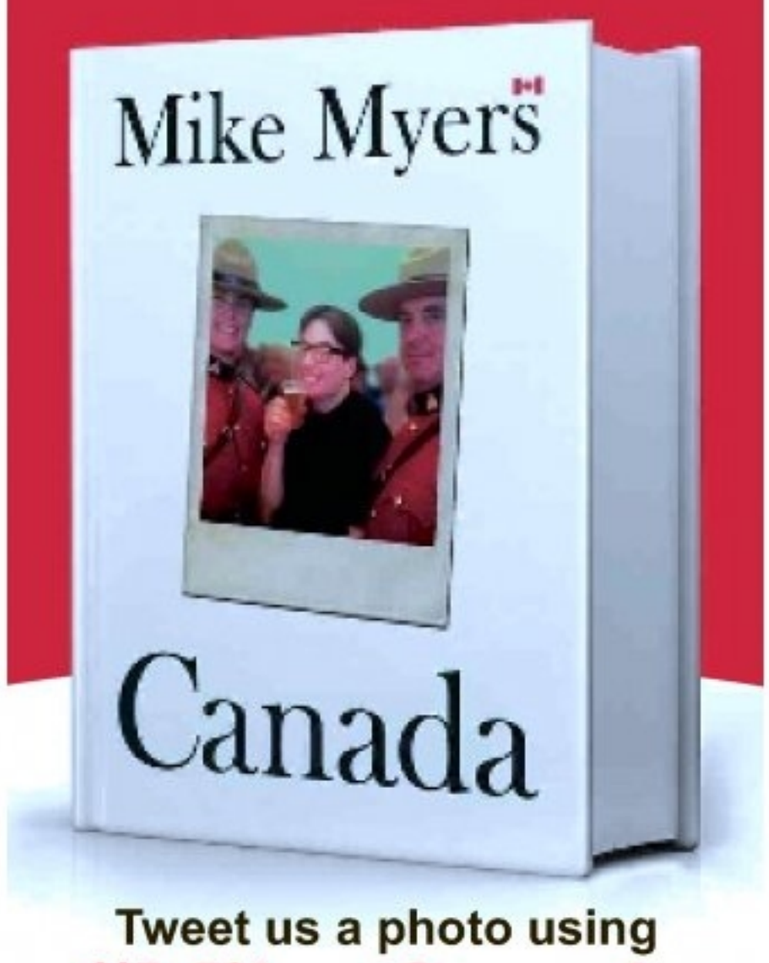
Mike Myers

wants you to show us your long weekend, Canada!



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Mike Myers' hilarious and heartfelt look at Canada is part memoir, part history, and pure entertainment.

IN STORES ON OCTOBER 22

Penguin Random House DOUBLEDAY CANADA

A bachelorette party that goes really, really badly

CRIME THRILLER

Author was surprised idea had not been used before

Sue Carter
For Metro Canada

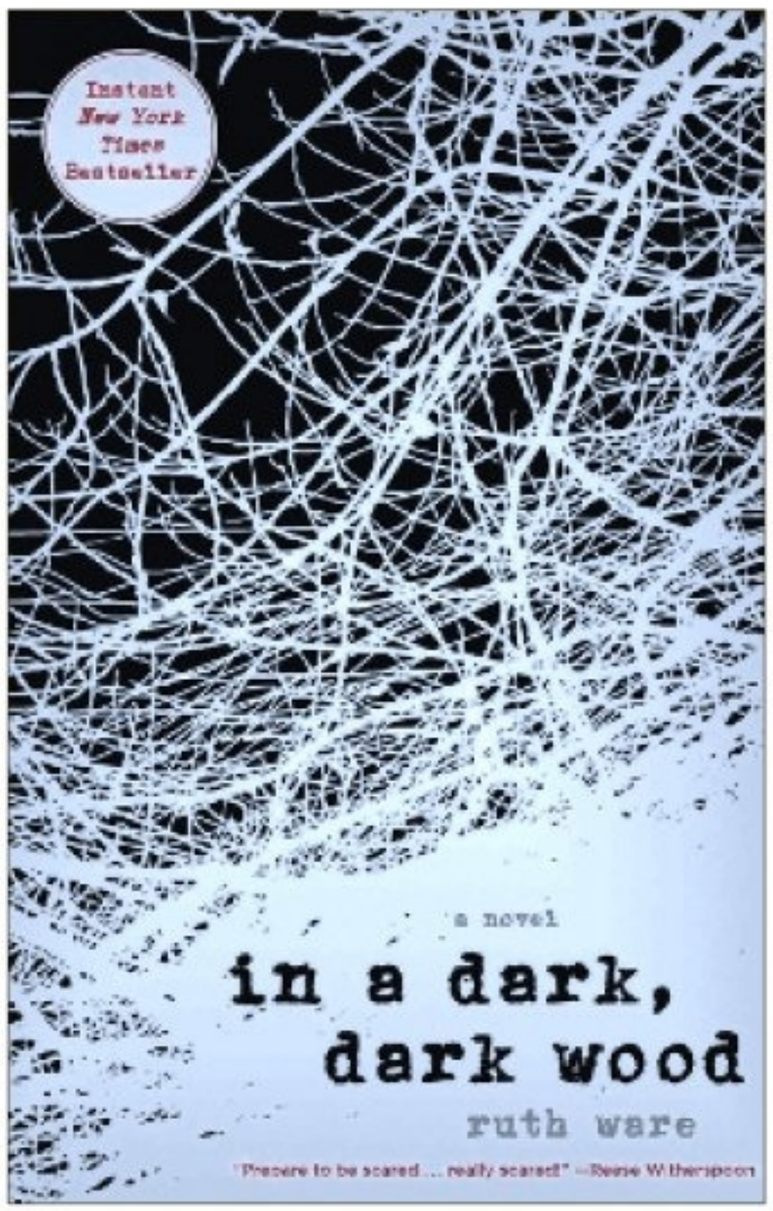
For some women, just the idea of being invited to a childhood friend's weekend bachelorette party is a nightmare.

For U.K. author Ruth Ware, that socially awkward horror became the inspiration for her international best-selling debut psychological thriller, In a Dark, Dark Wood, a twisted and suspenseful mystery that entangles friendship, identity and memory with a possible murder.

Reclusive mystery novelist Leonora is surprised to receive an invitation to a bachelorette party — or "hen party" as it's known across the pond — to be held at an architecturally imposing glass house set deep in a remote forest.

Leonora hasn't spoken to her friend Claire in more than a decade, the reasons for which she reveals slowly after waking up battered in the hospital with a police officer stationed outside her door.

Like Paula Hawkins' Rachel in The Girl on the Train, Leonora is an unreliable narrator at best as she struggles to remember exactly how the party ended in a bloody mess.



The idea for In a Dark, Dark Wood came to Ware thanks to a friend's observation that a hen party would make an amazing setting for a thriller.

"It was one of those ideas that you almost can't believe hasn't been done before. Literally, as soon as she said that I knew immediately that I wanted to write this book," says Ware. "I've never had an experience like that before where the book almost plotted itself."

Ware says that all the elements were there: it's a high-stakes emotional event, usually serving a lot of alcohol, involving a small group of people who come together as strangers.

"I've been on weekends where the only person I know is the hen," says Ware.

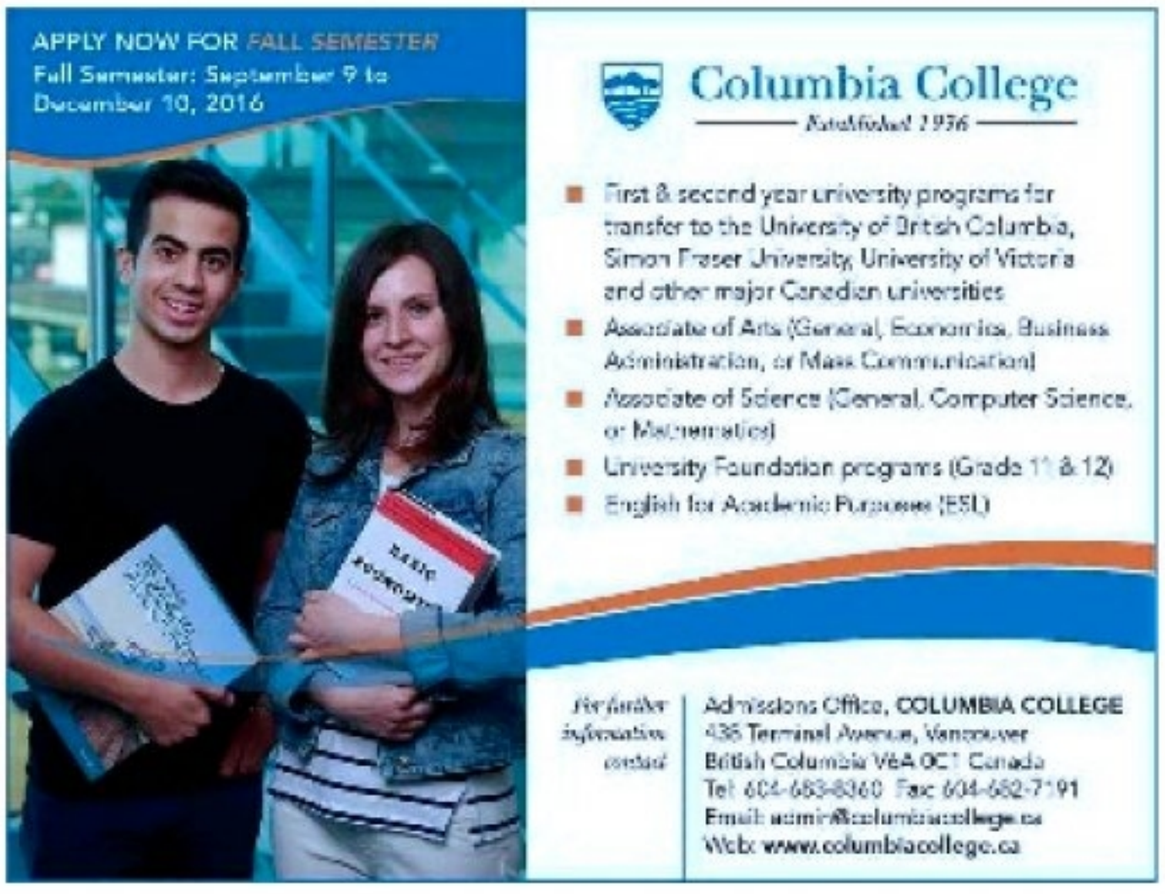
"It is quite weird because you're thrust into this very intense camaraderie with people that you don't know terribly well. Also, the fact that these people are usually plucked from very different periods from the bride's life, you suddenly get a glimpse of how much people change, not deliberately, but how much they present different faces of themselves."

While the premise is contemporary, In a Dark, Dark Wood — which is set to be adapted for film by Gone Girl producer Reese Witherspoon — subtly tips its hat to authors such as Agatha Christie and Dorothy L. Sayers.

Ware, who describes her childhood self as a "classic crime geek," says she wasn't aware of their influence while writing the book, but describes the closed-room whodunit as very much a conceit of golden-era mysteries.

"When you have people slightly awkwardly rubbing up against each other it creates narrative tension," she says.

Sue Carter is the editor at Quill & Quire magazine.



Fighting personal battles in the frontier

INTERVIEW

Dave Eggers' new book seeks pioneer spirit in modern life

The latest stop on Dave Eggers' long-running fictional tour: Alaska.

Eggers' new book Heroes of the Frontier tells of a single mother from Ohio who flees to Alaska with her young son and daughter in the wake of financial and personal disaster. Josie is a dentist forced to sell off her practice after being sued by a former patient.

Meanwhile, the father of her children is increasingly unreliable and she is haunted by guilt for encouraging a young patient to join the Marines, only to have him be killed in the war in Afghanistan.

In a recent interview, Eggers discussed the settings for his books, some common themes and how the American past connects to his current book.

How did the basic narrative develop and why set it in Alaska?

With Heroes of the Frontier, I started taking notes about Josie back in 2011. I knew I wanted to write about a dentist who had two kids, the father of whom was more of a useless appendage than a man.

Somewhere down the line, maybe two years into the note-taking process, I had the idea of putting her in Alaska. There's an unspoken assumption, I think, that Alaska is full of strong, self-reliant, plain-spoken people — frontier people — and Josie wants to be among people like that.

She wants to be among steel-spined people who won't let her down.

In general, I'm inclined to putting characters in new situations, new places. I like motion. In Heroes in particular, I wanted Josie and her kids to be repeatedly challenged by their surroundings, and to get stronger as a result.

The book has classic American themes of flight and adventure but at times also seems like a dark and frightening take on life on the open road. Your thoughts?

Because Josie is alone with two very young kids, she's often facing dangers real and imagined. There's also a hundred or so wildfires burning throughout the state, so there is some very real peril for a person meandering through the state without a plan and without a friend.

For novels, do you often travel to places with the conscious thought of writing about them or does that decision usually happen in retrospect?

I spent some time in Alaska about three years ago, without any intention of writing about it. But I had this Josie character in my head at the time, and eventually it made sense that a character setting out on an epic journey would find herself in Homer.

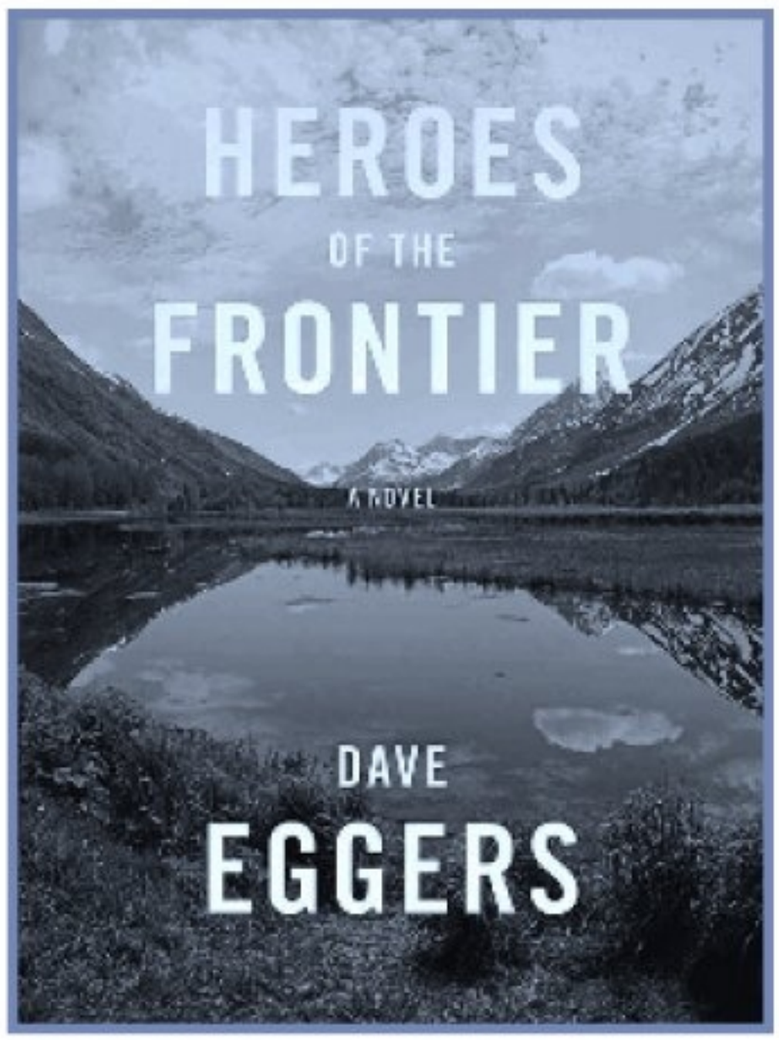
Do you see your work as a kind of continuing series about life worldwide in the 20th/21st century? Do you see a thread running through?

In some ways, I was hoping with Heroes of the Frontier to examine the American psyche, and our connection — if there still is one — between our pioneer past.

Josie and her kids don't seem to have anything in common with the heroes of the frontier of the past, but then again, maybe they do.

Maybe there's something in the blood — barbarian blood, I think — that connects an American dentist with the explorers, thieves, cowboys, settlers, winners and losers in American history.

THE ASSOCIATED PRESS



In general, I'm inclined to putting characters in new situations, new places
Author Dave Eggers

UNDER THE SEA A CLOSEUP LOOK AT JELLYFISH

Jellyfish are in a class of their own in terms of exotic beauty and alien-like qualities. Author Lisa-ann Gershwin, author of Jellyfish, A Natural History (University of Chicago Press), says it's time to take note of them. TORSTAR NEWS SERVICE

Anatomy

Looking more like an intricate lava lamp or perhaps an enormous squid-like sea creature, the image precedes an introduction to a short primer of jellyfish anatomy. While all jellyfish have gelatinous bodies, which aid in buoyancy, they come from three separate lineages: the medusae — which are the most common — comb jellies and salps.

Prism jelly

On first glance, the image suggests nothing more than a yummy morsel of dim sum. The jellyfish pictured is a prism jelly called Hippopodius hippopus and although it appears to be a single organism, it's actually a colony. These jellyfish, which are bioluminescent and can flash a blue warning light when disturbed, are considered to be among the most delicate of their species.

Lion's Mane

The Lion's Mane Jelly has a bell-like structured head with long, trailing tentacles. The largest examples have tentacles that extend 30 metres. While most Lion's Mane Jellies deliver marginally painful stings, a population found off the British Isles, classified as C. capillata, has a poison so lethal, it was used in a Sherlock Holmes tale called The Adventure of the Lion's Mane.

Ecology

Jellyfish, like the one pictured with an entourage of small fish, are among the ocean's great survivors, having inhabited the oceans for at least 600 million years and possibly longer. Unlike most other creatures, jellyfish have remained largely unchanged, in part because of their adaptability to the sustenance at hand, with some species preying on small fish while other consume phytoplankton, others zooplankton and others are cannibalistic.

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Your essential daily news

Raised beds "allow you to garden anywhere," writes Tara Nolanin in Raised Bed Revolution

MEET THE CONDO

Danish design meets west coast living

CONTRIBUTED

Project overview

Imagine a building with 20 boutique townhomes influenced by Danish design and contemporary west coast elements. Think spacious, open-concept floor plans and sunlight-filled homes with expansive windows on both sides. Patios and rooftop decks allow for outdoor privacy and a beautifully landscaped community courtyard provides ample space for sharing and growing.

Housing amenities

Residents have their pick of two colour schemes. Interiors consist of durable wide-plank laminate flooring throughout, front-loading washer and dryer and stainless-steel appliances. Units are pre-wired for a security alarm system, Internet, cable and phone. Private storage lockers are available for purchase.

Location and transit

ARNE is just steps away from bus transit along Main Street and within walking distance to the Canada Line at Cambie and Broadway and the proposed Evergreen Line. ARNE has easy access to the 10th Avenue bike pathway as well as many of the new bike-share kiosks dotting Mount Pleasant.

In the neighbourhood

It's no secret that Mount Pleasant is one of the most vibrant spots in the city. Home to some of Vancouver's best local shops and restaurants, this neighbourhood is an eclectic mix of art, culture and community. ARNE is situated near Main Street on a residential street near excellent schools, parks, cafés and grocery stores.

NEED TO KNOW

What: ARNE
Builder: Mondevo
Designer: Occupy Design
Location: Vancouver's Mount Pleasant/Main Street
Building: Danish-inspired townhomes
Sizes: From 647 sq. ft. to 1,280 sq. ft.
Model: One bedroom and den or three bedrooms and den
Pricing: One bedroom and den starting from the high $500,000s; three bedrooms and den starting from the low $1.2 million
Status: Pre-sales
Occupancy: Fall/winter 2017
Sales centre: 483 West 16th Ave., Vancouver (by appointment)
Phone: 604-800-0882
Website: mondevo.com/arne

DO IT YOURSELF

Let your memories comfort you by adding them to a pillow

Turn Instagram snapshots into personalized pillows and great one-of-a-kind gifts

Step 1: Gather supplies
We used a cotton pillow cover and linen fabric for this pillow.

Have fun with the embroidery using words or simple designs to add a pop of colour to the pillow. Try sketching them out lightly on the fabric using a pencil first.

You'll need:
- Unfinished wood tray
- Sea glass
- Pre-mixed tile adhesive and grout
- Pillow cover and insert
- Iron-on transfers
- White cotton or linen fabric
- Scissors
- Thread
- Embroidery floss
- Pins and needles
- Embroidery hoop
- Iron
- Computer and printer

Step 2: Measure and cut fabric
Measure and cut a piece of fabric that will fit in the centre of the pillow cover.

Step 3: Pick photo, print and iron
Select a photo for your pillow. Using your photo editing software, edit the photo to desired size and print the image on to the iron-on transfer paper.

Before printing ensure the image is selected to print flipped or as a mirror image. Let the printed image dry for approximately five minutes before handling.

Set the iron to the highest cotton setting (no steam) for ironing on the transfer. Iron the fabric to remove any wrinkles. Let the fabric cool. Position the image face down on the fabric and using firm pressure, iron the sheet ensuring all corners and edges are ironed.

TIP
If you use a plain, light coloured cotton pillow cover you could iron the photo directly on to the pillow cover and skip the step of sewing the fabric or you could use fusible web fabric adhesive to attach the fabric.

Peel away the paper backing. Follow the specific directions from the manufacturer.

Step 4: Sew fabric on the cover
Pin the fabric on the pillow cover. Thread a sewing needle and sew the fabric (by hand) on to the pillow cover using a simple straight stitch.

Step 5: Embroider it
It may be helpful to use a pencil to draw the image or word you want to embroider on to the pillow.

Thread the embroidery needle and begin embroidering the pillow. Urban Threads has detailed instructions on various basic embroidery stitches.

Step 6: Voila!

TORSTAR NEWS SERVICE

Faux flowers have gotten a bad design rap in the past, but techniques have improved so much that you'll have to touch them to make sure they're not real. ISTOCK

The floral look is blooming

HOME DECORATING

The image of flowers will share beauty from anywhere

Glen Peloso
Torstar News Service

Flowers are so much more than just blooming beauties in the garden. A simple walk down the street shows just how much florals influence home décor. A few beautiful examples:

1. Accents and accessories
Accessories and accent furniture are rife with floral motifs. Ideally, the notion of a floral pattern should be implied, otherwise florals will feel juvenile if they are too much like the real deal. Flowers can be cute as a mirror or other accessory. A round mirror, for instance, already has the appropriate shape to represent a flower. For any accent or accessory, look for elements such as a scalloped edge, a leaf motif or a starburst shape. Essentially, the starburst shape is similar to a flower in bloom. Leaf motifs are often found in metals, such as gold and brass, and imply they are the branches leading to a bloom.

2. Fabrics
Floral fabrics, through a combination of colour, can create the feeling of a beautiful summer garden. Such fabrics can work well in a variety of spaces, from a whimsical child's room to a formal sitting room straight out of Downton Abbey. Florals in fabric have a history dating back to the 12th century in central Asia, where they were embroidered in silk and then later well-received in Europe and the Middle East. Now, a single oversized flower, a computer-generated image of a bloom, or an abstract version of a flower is on trend. Despite their already long history, you can expect floral fabrics to stick around for a long time.

HISTORY
Florals in fabric have a history dating back to the 12th century in central Asia.

3. Wall coverings
Wallpapers in floral patterns also have a long history, born of fabrics of the past. Originally, wall coverings were made of fabric because they provided not only fine details but also helped keep a room warm. Fabric walls were reserved for the wealthy while less wealthy individuals could hire a painter to create scenery on the walls — this gave rise to wall coverings. Today, floral patterns are oversized. A single bloom might be one foot by one foot. In wall tattoos, a floral stem might take up three-quarters of a wall's height and make a huge statement in the room. These images could be everything from photographic to an abstract.

4. Go for faux
The techniques for making artificial flowers, or what I like to call "fauxlowers," has improved so much you often have to touch them to be sure they're not real. With the amount of time people spend away from home in the average week, artificial flowers are the perfect option, as are "fauxlawns," where the grass no longer requires water or weekly cuttings. As a result, your home can have ever-blooms and a gorgeous green lawn through only the initial cost of the product, which can be as much as $20 for a single stem. However, deduct the cost of watering, maintenance and replacement, and the fauxs are well priced.

5. Artwork
Art is another great medium for florals. There are so many ways in which art can depict flowers, from sketches of botanicals to classic paintings, to graffiti-like works. There is no right or wrong version of florals in art. Find your style and inject it into a room. Don't forget the floor as a surface, though, and notice how traditional rugs carry a floral motif. Like art, area rugs come in a massive range of styles, from traditional to avant-garde, and are considered "art for the floor." Ultimately, a floral floor covering will make a room feel warmer and more complete than a room without a floral element.

Glen Peloso is principal designer of Peloso Alexander Interiors, national design editor of Canadian Home Trends magazine and a design expert on the Marilyn Denis Show on CTV. Contact him at pelosoalexander.com, follow him on Twitter at @peloso1 or @glenandjamie, and on Facebook.

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Host the perfect summer party

There are few better ways to enjoy the summer than with a group of good friends, family and colleagues. Indoors or out, there is no one way to throw the perfect summer party, but there are a few tips that can help you ensure that everyone has a good time

JASON MENARD

Preparation makes perfect

Parties are supposed to be fun and enjoyable for everyone — including the host. And one of the best ways to do this is to make sure that everything's prepared for and planned in advance. Make a list of food and drink you'll need to buy and plan out menus. Choose foods and drinks that can be prepared before your party and easily served and/or warmed just before the guests arrive.

Have food options

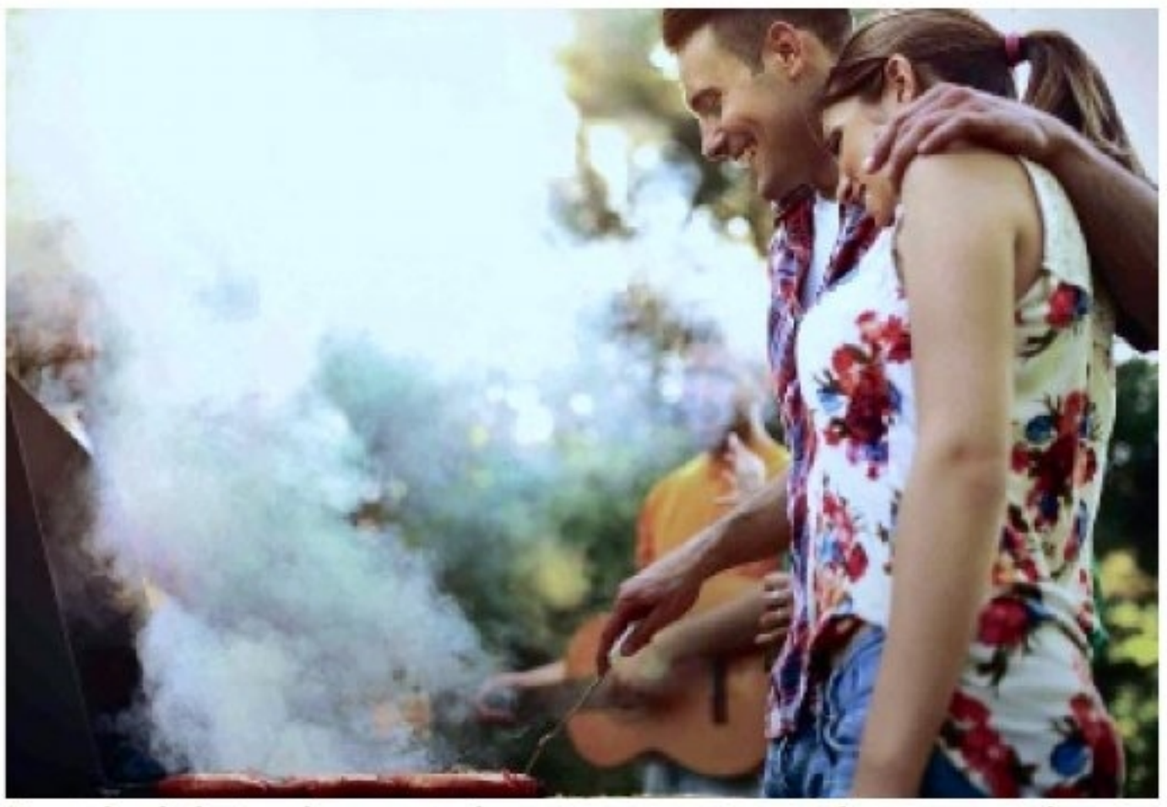
Chances are that a few people at your party will have special dietary needs — whether it's by choice or by medical conditions. So it's always a good idea, as a host, to ensure that everyone has something they can enjoy. Clearly label foods that contain possible allergens (tree nuts, shellfish, etc.) and offer vegetarian or vegan options.

Plan activities for kids

If there are kids at the party — or if it's a party for kids — make sure that you have plenty of activities planned. Children, in general, have shorter attention spans, so you'll need a variety of activities available for them to explore. Arts and crafts can be popular, as can video games and movies for the older children. Kids can be bored by adult conversation, so while you should expect them to be polite and interact a bit with the adults, it's also important to ensure they can have a good time too.

Make sure everyone arrives home safely

If you're serving alcohol (or if it's a BYOB party), make sure you have cash on hand for cabs, or arrange for designated drivers to get party-goers home. And have an assortment of drinks, such as soft drinks, coffee, tea, and water, available for those not partaking of alcohol.



Use our handy tips to make sure you enjoy your summer party as much as your guests do. ISTOCK

Don't forget to enjoy your party

Few things make party-goers more uncomfortable than watching the host spend time in the kitchen cleaning up the dishes. The dishes can wait — make sure attendees know where they should put their plates and glasses, and then wait until the party's over to clean up.

And while many parties end up in the kitchen anyway, it shouldn't be because the host is spending all of his or her time preparing the food. As mentioned earlier, choose food options that can be prepared in advance so all you have to worry about is serving and enjoying.

After all, it's your party — you should be able to enjoy it to its fullest.

Make the most of the dog days of summer

VANCOUVER FUN

There are so many ways to enjoy the rest of the season

Jason Menard

Bard on the Beach Shakespeare Festival: This year marks the 27th season of the event, which is presented on the waterfront in Vancouver's Vanier Park. Shows include Othello, Pericles, Romeo and Juliet, and The Merry Wives of Windsor. Festivities run in a pair of performance tents all throughout the month. For more information, go to bardonthebeach.org.

Discover Rays at the Vancouver Aquarium: Get up close and personal with some of the most incredible creatures from the deep. A new 50,000-litre touch pool is home to cownose rays and southern stingrays. For more information, go to vanaqua.org.

A Ferris wheel spinning at Pacific National Exhibition fairgrounds on a summer night. ISTOCK

Picasso: The Artist and His Muses: The Vancouver Art Gallery is home to an exhibition of the Spanish master of modern art. The exhibit introduces the viewer to some of the key women who influenced Picasso. For more information, go to vanartgallery.bc.ca.

Anirevo — Anime Revolution Convention: Enjoy three days of activities, events, panels, and performances featuring some of the finest examples of animé and Japanese culture held at the Vancouver Convention Centre. For more information, go to animerevolution.ca.

Sins of the City Walking Tours: Explore Vancouver's seedy underbelly and its history courtesy of the Police Museum's guided tours. Explore first-hand accounts of the city's nefarious past — and even get access to the city's oldest morgue. For more information, go to sinsofthecity.ca.

Gourmet Ice Cream Tour: What better way to beat the heat than by enjoying some of the city's finest ice cream establishments. The Gourmet Ice Cream Tour takes the participants on a one-hour tour of four of the city's parlors and the price includes samples. For more information, go to offtheeatentracktours.ca.

Vancouver Brewery Tour: For some, ice cream is the way to beat the summer heat. For others, there's nothing like an ice cold beer. The Vancouver Brewery tour lets you explore some of the city's finest local breweries over a three-and-a-half-hour tour. For more information, go to canadiancrafttours.ca.

Pacific National Exhibition: What better way to send the summer of 2016 out with a bang than by partaking of the thrills, excitement, sights, and sounds of the PNE. This year concerts include performances by Culture Club, the Steve Miller Band, and Simple Plan. And that doesn't even scratch the surface of the incredible rides, fair food, and entertainment that the annual exhibition offers. For more information, go to pne.ca.

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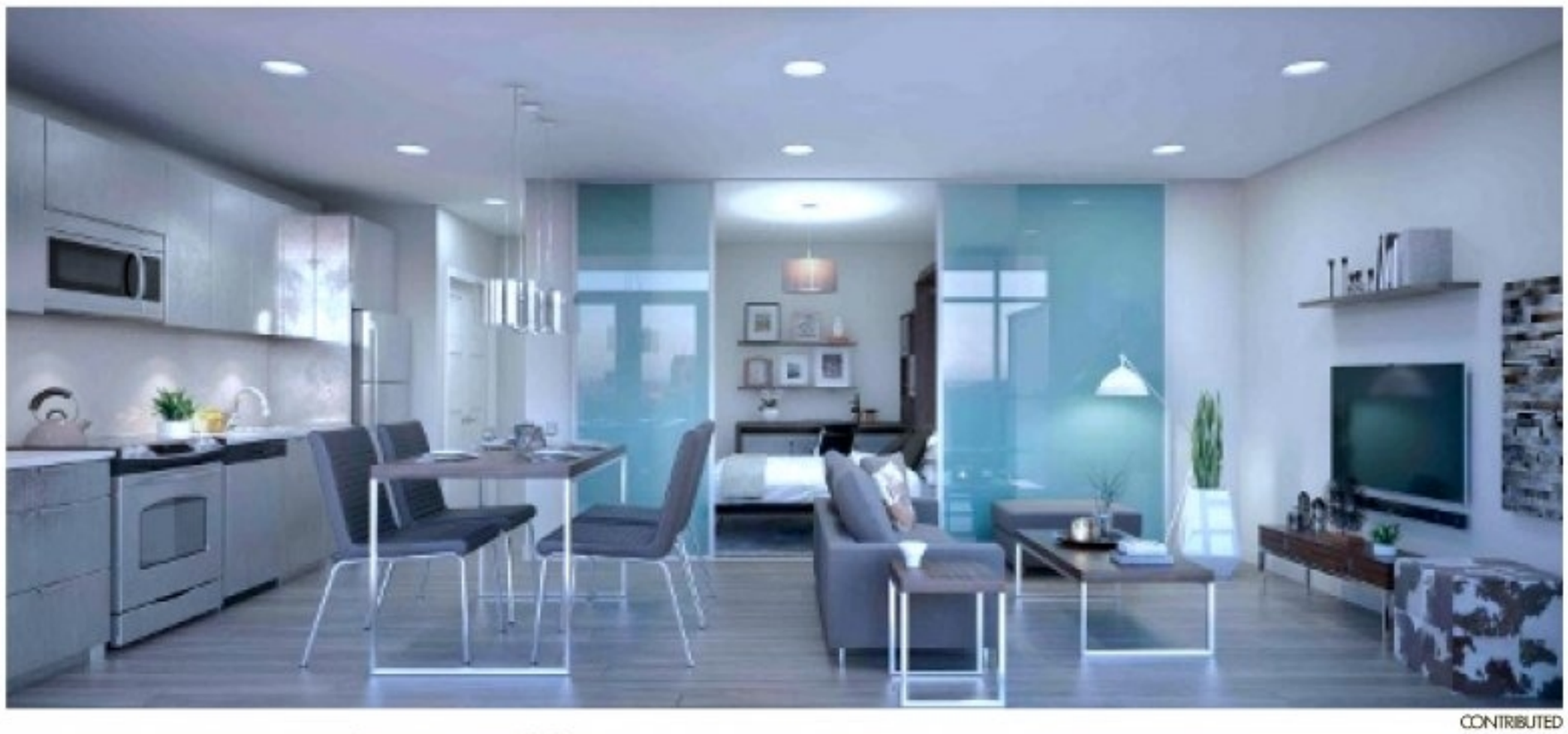

CONTRIBUTED

For beautiful, affordable homes, look to Surrey

There are still a few places in Metro Vancouver that offer finely crafted homes at an accessible price.

Evolve, a new development by WestStone Group, based in Surrey's City Centre, is a prime example.

"Evolve was designed to cater to buyers who are looking for great value," says Joe Taylor, sales manager at the development. "There are homes here in the city centre that you could not get in Vancouver for a good price, but here in Surrey they're incredibly affordable."

The homes available at Evolve start at $211,900 and include studios and one-bedrooms as well as executive-level, two-plus-dens and penthouses.

The future-forward condo development is a great place to live for a wide variety of buyers, ranging from single people to couples, families and downsizers. It's a community that prides itself on diversity.

No matter who you are, chances are you'll appreciate the high-quality homes Evolve has to offer.

Inside an Evolve home, you'll experience quality throughout in the thoughtful layout, design sensibility and finishes.

Laminate hardwood flooring provides a durable, easy-to-clean surface underfoot. The kitchens come with chrome finishes, stainless steel appliances by GE, soft-close hardware, stainless steel undermount sinks, and quartz countertops and backsplashes.

Buyers can customize the look of their homes with a choice of two contemporary colour palettes.

Recently released view homes at Evolve look out over downtown Surrey. The homes' 8.5-foot ceilings and floor-to-ceiling windows create a dramatic sense of space. It's an amazing panorama to wake up to, according to Taylor.

"The views are simply fantastic. You can see out across the North Shore mountains, or the Fraser River with cityscapes and green space all around," he says.

Every home has outdoor space too, with a spacious balcony where residents can enjoy the views, barbecue and relax.

Now buyers can get up to $30,000 off some of Surrey's best view homes. The special pricing is available on homes that were not previously available, including a brand new penthouse.

Visit the Evolve presentation centre at 13328 104 Avenue, Surrey, B.C. or go to evolvecondos.com.

CONTRIBUTED

Building amenities designed to be used

Amenities in a residential building should cater to residents, serving wants or needs that residents may previously have needed to go elsewhere to fulfill.

"Amenities at Evolve will provide access to all types of activities all without residents having to leave the building," says Joe Taylor, sales manager at Evolve.

Residents at the development can head up to the penthouse amenity area and make full use of the gourmet kitchen and outdoor skylounge, or relax in the theatre room. Or head into the fully equipped fitness centre for a regular workout.

And of course, as part of the master-planned West Village, Evolve residents will enjoy access to neighbourhood services, shopping and social gathering places.

Location is everything

There's a lot going on right now in Surrey. The city is blossoming around its new infrastructure, with festivals, social gatherings and art taking root across the city.

Nowhere is that more apparent than in Surrey's City Centre. It's the heart of the action, and West Village, a new master-planned community is located just steps away.

"West Village is the place to be if you want to take full advantage of everything Surrey City Centre has to offer," says Joe Taylor, sales manager at Evolve, one of six condominium towers and more than 2,800 new homes now under development by WestStone Group within West Village.

Here buyers will become part of a large, vibrant community where people of all demographics are coming together, Taylor explains.

Young couples, families, singles and downsizers are all welcome. And it's no wonder they're coming. There's a lot to enjoy here.

CONTRIBUTED

Surrey's City Centre has undergone an incredible upgrade over the past decade. Its community-oriented new buildings and spaces include the flagship public library, designed by Bing Thom Architects, the civic plaza, which hosts activities like the Surrey Farmers Market, and the new City Hall and performing arts centre.

The shopping, education and more than 45 hectares of green space all offer something for residents to enjoy.

Evolve itself will be home to a grocery store, cafés, shops and services, all located on the ground floor. It's the perfect place where residents can pick up last-minute ingredients or meet a friend close to home.

The area is perfect for students too.

Just a close walk from Evolve at Central City Shopping Mall is Simon Fraser University's Surrey campus, and the new Kwantlen Polytechnic University Surrey campus is coming soon to the Civic Plaza.

Easy access to public transportation is another factor that makes buying a home at Evolve a great investment and a great place to live. The Surrey Central SkyTrain Station is just a 10-minute walk from your doorstep, and will take you almost anywhere you need to go in the city.

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PLATINUM PROJECT MARKETING

A personalized appliance-buying experience

CONTRIBUTED

Buying an appliance is an important personal decision.

"There are a few key factors that go into choosing the right appliance for you," says Drew Farrell, Richmond store manager at Trail Appliances, the leading independent home appliance retailer in Western Canada.

Understand your needs

Before you shop, understand the basics of what you need and a qualified product expert will be able to help you find it.

Maybe you want a gas range rather than an electric one? Would it save you time and money in the long run to get an added feature?

Determine your budget

Next, figure out what you are willing to spend.

Are you looking for a basic replacement model, or are you willing to invest more to ensure you get great quality? Whatever your budget, Trail Appliances carries more than 8,000 products with a selection at every price point.

And you don't have to wait for a sale. Trail Appliances has competitive pricing every day. "We've got an unbeatable selection at great prices all the time," says Farrell. Trail Appliances carries more than 50 brands from around the world.

Measure the delivery pathway

Your perfect washer and dryer set won't seem so perfect when they don't fit through your basement door.

Always make sure you measure the path of delivery for your appliance, including hallways, doorways and the corners in your stairways.

Go into the store and talk to the experts

Once you know your basic needs, budget and size limitations, visit a store and a product expert will be able to help you find a product that works for you.

"Our sales staff go through an extensive product and sales training program before they interact with customers," says Farrell.

Get professional delivery

Appliances are heavy and have the potential to cause injury or damage to your home if they're not handled properly. That's why it's best to get help from professionals.

The in-house professional delivery team at Trail Appliances takes great care to respect your home as they bring in your new appliance.

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SAMSUNG
White 4.8 cu. ft. Front-Load Washer and Dryer with 8 Wash Cycles and Direct Drive Motor
M#: WF42H5000AW/DV42H5000EW
PROMO PRICED $1599.96 MSRP* $2050

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M#: KDFE104DSS
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- Heated dry option
- Cutlery basket
- 14 place setting capacity

PROMO PRICED $999.98 MSRP* $1250

SAMSUNG
30" Stainless Steel Smooth-Top Convection Oven Electric Range with Hidden Bake Element and Hot Surface Indicator Light
M#: NE59J3421SS
- 5.9 cu. ft. oven capacity
- 5 radiant burners
- Steam and Self-cleaning oven

PROMO PRICED $899.98 MSRP* $1300

LG
28" Stainless-Look Counter Depth Bottom Freezer Refrigerator
M#: LBNC15221V
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- Adjustable door bins
- LED lighting
- Humidity controlled crispers

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metro SPORTS

Aaron Rodgers says he "hasn't really been affected" by his Bachelorette contestant brother Jordan saying they have an estranged relationship

Buono's shrewd moves help Lions fill key holes

CFL

T.J. Lee, Nick Moore out with season-ending injuries

An astute set of moves by B.C. Lions coach and general manager Wally Buono during the winter has made it much easier for the CFL team to withstand two season-ending injuries.

B.C. (3-1) will visit the 2-1-1 Calgary Stampeders on Friday without starting defensive back T.J. Lee and veteran receiver Nick Moore. Both players were injured in the Lions' 40-27 win over Saskatchewan that preceded a bye week and will not return this year.

Replacement defensive back Steven Clarke and receiver Geraldo Boldewijn will have a chance for season-long work with strong outings against Calgary. Neither player was in the Lions' off-season plans. Buono let both players out of existing contracts with the Lions in order for them to work out with NFL clubs.

An unorthodox bit of flexibility on the part of the CFL's leader in career coaching wins has enabled the Lions to deal easily with the first serious rash of injuries to face the team this year.

"All the clauses in a contract aren't always normal," said Buono, who also raised eyebrows this week when he re-signed defensive backs Chandler Fenner and Anthony Gaitor to the practice roster after cutting them in training camp.

"You have to compromise a little. You can be hard and I've been hard, but if being fair meets everyone's needs then let's be fair."

The Lions knew what they had in Clarke, who played 15 games last year at wide-side cornerback in the defensive secondary before a failed bid to make the NFL's Tennessee Titans this spring.

"It was just a great opportunity that B.C allowed me to come back," said the 25-year-old Clarke upon taking over for Lee, who had been the best player in the Lions secondary through their first four games.

The 25-year-old Boldewijn, making only his second CFL start, could be more pivotal to the Lions' success. The six-foot-four, 220-pound Dutch-born international, who played in college at Boise State, has considerably less pro experience, but his size drew interest from teams on both sides of the border.

"(Buono) knew that as a young player I had my goals," said Boldewijn, who had a tryout last year with the NFL's Baltimore Ravens and was previously featured in the HBO mini-series Hard Knocks while trying out for the Atlanta Falcons.

"We both kept our words. I got to explore. I'm glad to come back."

The moves will pay immediate dividends if both contribute towards erasing a string of bad road losses by the Lions in Calgary.

At stake for Clarke and Boldewijn is a chance to carve out a career.

"Clarke has a prime opportunity to see our defence stays afloat. Geraldo doesn't have to be Nick Moore but he has to play at a high level," veteran defensive back Ryan Phillips said.

THE CANADIAN PRESS

QUICK HITS

- With a 2-0 road record so far, the Lions are off to their best start overall in nine years.
- They have already recorded a 20-18 win in the season opener over the Stamps and a win Friday would give them the season series.
- B.C. has only a one-point win in its last five regular-season road games in Calgary.

Lions defensive back Steven Clarke Eric Rogers of the Stampeders last November.

JEFF MCINTOSH/THE CANADIAN PRESS

IN BRIEF

Sens avoid arbitration with their leading goal scorer

The Ottawa Senators have signed high-scoring winger Mike Hoffman to a four-year contract worth nearly $21 million US, avoiding arbitration.

Hoffman hit career-highs with 29 goals, 30 assists, and 59 points last season, leading the Senators in goal-scoring for the second straight season.

Hoffman ranks 19th in the NHL with 56 goals over the past two seasons.

THE CANADIAN PRESS

Bouchard on to third round

Canadian Eugenie Bouchard continued her run at the Rogers Cup on Wednesday in Montreal.

For the second day in a row, Bouchard upset a higher-ranked opponent as she defeated Dominika Cibulkova 6-2, 6-0.

Cibulkova is 10th in the WTA rankings while Bouchard is 42nd.

THE CANADIAN PRESS

Canadian hope at men's Rogers Cup alive in Raonic

Milos Raonic downed Yen-Hsun Lu of Chinese Taipei 6-3, 6-3 on Wednesday evening in the second round of the Rogers Cup, while fellow Canadians Denis Shapovalov and Vasek Pospisil were eliminated.

Raonic, from nearby Thornhill, Ont., will face American Jared Donaldson in the third round of the tournament.

THE CANADIAN PRESS

MLS IN BRIEF

Sounders load up with Paraguayan Lodeiro
Nicolas Lodeiro, the midfielder who just helped Argentina powerhouse Boca Juniors reach the semifinals of the prestigious Copa Libertadores in South America, has signed with the Seattle Sounders as a designated player.

The 27-year-old also has 48 caps for the Uruguay national team.

THE ASSOCIATED PRESS

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Day hastily preps for PGA

PGA CHAMPIONSHIP

World No. 1 arrives late for major defence

Jason Day tracks a shot during practice at Baltusrol Golf Club on Wednesday in Springfield, N.J. DREW HALLOWELL/GETTY IMAGES

Jason Day's plan to defend his PGA Championship took a turn he wasn't expecting.

It is rare for a player considered one of the favourites in a major not to see the golf course until the day before the tournament starts, but that's how the world's No. 1-ranked player will try to handle Baltusrol Golf Club, the Springfield, N.J., course that will host this year's PGA Championship.

"I haven't played a practice round. I haven't seen the course. I don't know what it looks like," Day said Wednesday before heading out for a practice round. "I was with Doug Steffen, the head pro, last night at the champions' dinner. I went through pretty much every hole with him for about 20, 30 minutes, kind of going over all the holes. I'm going to try and touch them all today, but obviously the prep's been a little on the lighter side. So I need to come in and try to get a good, solid 18 holes in today so I kind of know where I'm going."

BACK-TO-BACK
Since the PGA went to stroke play in 1958, only Tiger Woods has repeated as champion, in 2006 and 2007.

Day's plan had always been to take Monday off. Tuesday became a day of tending to a sick family and himself.

"Dash and Lucy (his children) are sick right now, and kind of Dash passed that on to me a little bit," Day said. "I'm OK. I'm fine. I'm just a little bit under the weather. Ellie (his wife) had an allergic reaction last night and had to go to the hospital. We were there until 2 o'clock or something like that. So I'm kind of running on 'E' right now. She's fine. Everything was great."

The 28-year-old Australian has eight wins in 2015 and 2016, but he hasn't had a good first round in any of the majors this year, which makes his having two top 10 finishes in them all the more impressive.

THE ASSOCIATED PRESS

IN BRIEF

Aussie top Canada in Olympic hoops tuneup
Penny Taylor scored 19 points and Liz Cambage added 16 to help Australia beat Canada 80-67 in an exhibition game Wednesday night at the University of Delaware.

Canada next plays the U.S. in Bridgeport, Connecticut on Friday night. THE ASSOCIATED PRESS

Source: Dirk to get pay bump
Dirk Nowitzki has signed his contract with Dallas, and a person with knowledge of the deal says it's worth more than the original agreement.

The 38-year-old star who has spent all 18 of his seasons with the Mavericks signed a two-year, $50 million contract on Wednesday — $10 million more than the deal struck before contracts could be signed. THE ASSOCIATED PRESS

Rams cut Foles loose
The Los Angeles Rams released quarterback Nick Foles on Wednesday after failing to find a trade destination for the disgruntled veteran.

The Rams announced the move a day before their veterans report to training camp for their homecoming season in California.

Foles hasn't been around the Rams since they traded up to choose California QB Jared Goff with the No. 1 pick in the draft this spring.

THE ASSOCIATED PRESS

Source: Fitz signs with Jets
A person familiar with the negotiations says the New York Jets have re-signed Ryan Fitzpatrick to a one-year deal worth $12 million, ending months of speculation and uncertainty surrounding the team's quarterback spot.

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RECIPE Shakshuka

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Just when you thought you'd made every delicious dish with eggs, please meet the Shakshuka.

Ready in
Prep time: 10 minutes
Cook time: 30 minutes
Makes: 4 servings

Ingredients
- 2 Tbsp olive oil
- 1 onion, diced quite fine
- 3 or 4 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp ground cumin
- chili flakes (optional)
- 1 can (28 oz) whole tomatoes
- 1 Tbsp tomato paste
- Salt and pepper
- 6 eggs
- 1/4 cup crumbled feta
- Handful of chopped basil or parsley

Directions

1. Heat the oil in a high-sided frying pan over medium heat. Add the onion and garlic and let them begin to brown. Add the paprika, cumin and a pinch of chili fand stir. Let cook about 3 minutes.

2. Pour in tomatoes and tomato paste gently break them up. Allow sauce to simmer for about 20 minutes. Taste and add salt and pepper.

3. Spread the sauce evenly across the frying pan. Now crack the eggs over the sauce (I usually place five in a circle around the pan and one in the center). Cook for about 6 or 7 minutes.

4. Crumble the feta and basil or parsley over the top. Shimmy a big serving spoon under each egg to scoop them out of the pan. Serve with crusty bread and some steamed vegetables.

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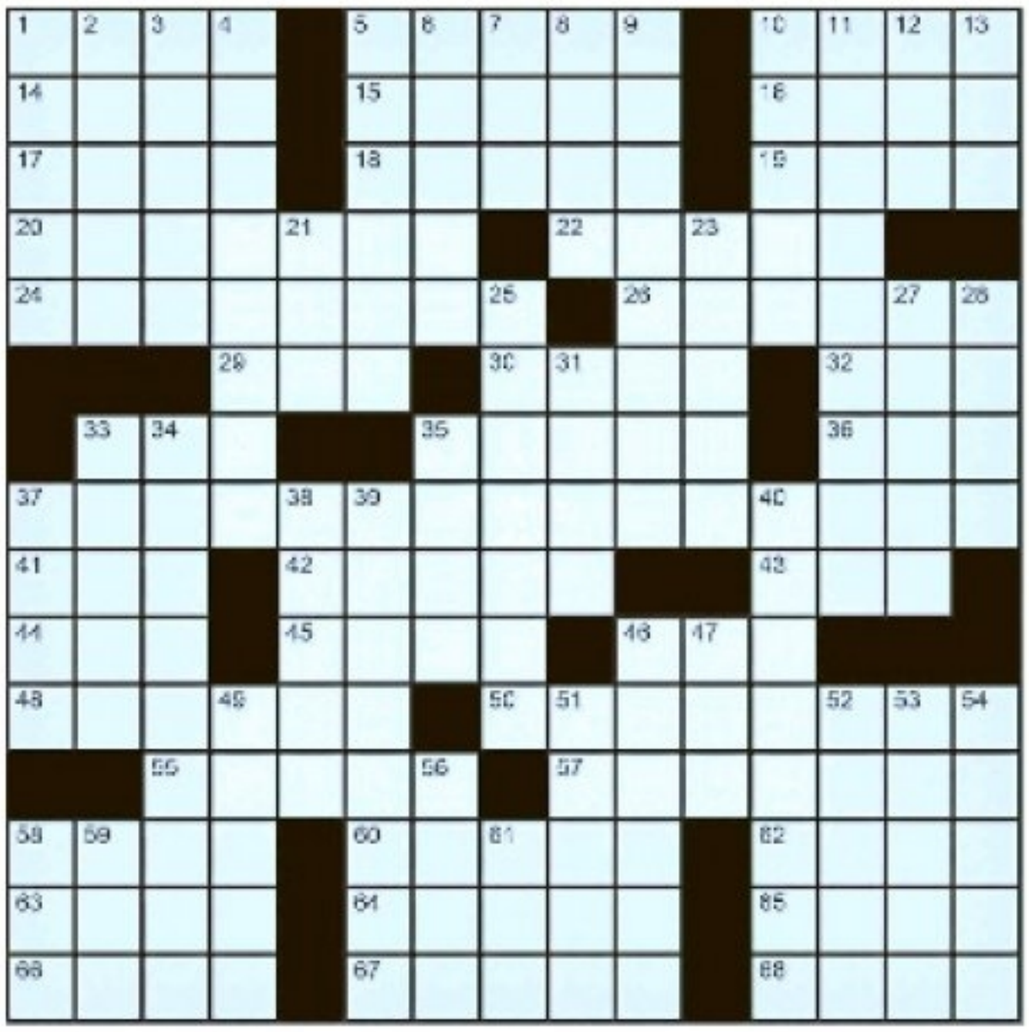
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ the Roof" by The Drifters
5. Cut-and-__
10. Bridge
14. Unfeigned
15. Greek Myth: The huntress Artemis unintentionally slayed him
16. Ore deposit
17. Ms. Braxton
18. Submarine instrument
19. To boot
20. Call out!
22. __ Hilfiger of fashion
24. Montreal smoked meat serving component: 2 wds.
26. Canada's 14th Prime Minister, __ B. Pearson
29. Increases
30. Ms. Fisher of "Wedding Crashers" (2005)
32. Charlemagne's realm [acronym]
33. Outlying
35. Where Lloyd and Harry are headed in road trip comedy "Dumb and Dumber" (1994)
36. Dutch city
37. Calgary-born architect of the Canadian Museum of History in Gatineau, Quebec
41. 'Guitar' suffix
42. Contribution to the conversation
43. These: French
44. City in Kyrgyzstan
45. Prince hit
46. Canadian actor Mr. Bennett
48. "Somewhere in Time" (1980) star Christopher's
50. Post cereal, __ Wheat
55. Old Rome monthly calendar date
57. Consequence
58. Ballerina's skirt
60. Historic immigration site, __ Island
62. Ancient war god
63. 'Symptom' suffix
64. Accomplish, archaically
65. Rose
66. Speed of sound, __ 1
67. Info in sports articles
68. Inflates

DOWN
1. Express
2. Stand-in
3. Small quantity
4. Village in western Saskatchewan about an hour southeast of Lloydminster
5. Floral arrangements
6. Bouquet beckoner
7. Job application's li'l 9-digit info
8. Perfectly: 2 wds. + letter
9. Paperwork fillerouter in order to participate
10. Loudly shuts the door
11. "__ Pam" by The Beatles
12. BCs-following dates
13. Modern
21. Alsatian artist Jean
23. 1972 Billy Paul hit: "__ Mrs. Jones"
25. Talk over
27. Richard Wagner aria: "__ Warning"
28. Whirl
31. De-gorged the gum
33. Bob of Broadway
34. Bona fide
35. Some slitherers
37. Christian of luxury fashion
38. Compare
39. Ground liquorice-tasting ingredients in biscotti
40. Tim Hortons beverage now available in a bottled version in grocery stores: 2 wds.
46. Pie parts
47. Tennis term
49. Give a guarantee
51. Lift at the docks
52. Andrea __ (1956 sinking ocean liner)
53. Alter text
54. Work stations
56. Vending machine opening
58. Glaswegian's hat
59. Theatre actress Ms. Hagen
61. Rural roaming realm

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Try to avoid disputes about money and possessions today, because they will be brief but nasty. At least they will be over quickly. Hang in there.

Taurus April 21 - May 21
Tread carefully today because people's emotions are volatile! It's easy to get upset with others or suddenly have an argument. (This especially applies to close friends and partners.)

Gemini May 22 - June 21
You might be doing a slow boil behind the scenes for some reason today. Do your best to just let it pass. Things will get worse if you make a big deal about them.

Cancer June 22 - July 23 (June 21 to July 22)
An argument with a friend, especially a female acquaintance, might break out today. Just remember: Patience is the antidote to anger. Remedy: Generously apply patience.

Leo July 24 - Aug. 23
Squabbles with parents, bosses and authority figures are hard to avoid today. (This includes the police.) But who needs this? Not you. Therefore, zip thy lip.

Virgo Aug. 24 - Sept. 23
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly deteriorate into a nasty argument. Forewarned is forearmed.

Libra Sept. 24 - Oct. 23
This is not an ideal day to discuss inheritances or how to divide or share something, because it will be tough to reach an agreement. Postpone this discussion for another day.

Scorpio Oct. 24 - Nov. 22
With Mars in your sign now, you are feisty! (Scorpio is never a wimp.) Use diplomacy and patience when dealing with partners and close friends — for the sake of everyone.

Sagittarius Nov. 23 - Dec. 21
An argument with someone at work might break out today. Remember your long-term objective, which is that you want to get along with these people in the future, right? Connect the dots.

Capricorn Dec. 22 - Jan. 20
Parents will have to be patient with children today, because hissy fits and meltdowns are likely. Romantic partners must be patient with each other as well.

Aquarius Jan. 21 - Feb. 19
Avoid domestic arguments today. Get out of the house and wait till this volatile influence passes. Oy!

Pisces
Feb. 20 - March 20
Discussions with siblings, relatives and neighbours could be challenging today, because someone is looking for a fight. Do what you can to keep the peace and make your life easier.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			2		5			
				6				
	3	2				4	1	
7			4		6			5
	5						9	
2			7		1			4
	1	8				2	3	
				2				
			1		7			

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8	7	5	6	2	3	1	4	9
5	1	3	4	6	2	8	9	7
2	8	7	3	1	9	4	6	5
4	9	6	7	5	8	2	1	3
9	5	4	8	3	6	7	2	1
7	6	1	2	4	5	9	3	8
3	2	8	9	7	1	6	5	4

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